

# CURAPAX®

## USER INSTRUCTIONS



Always read instructions before use



Fill the pad with water



Turn the pad upside down and shake gently



Heat using microwave oven



If indicator shows red, the pad can be too hot for use

### HOT PACK:

1. Fill the pack completely with cold/lukewarm water.
2. Turn the pack upside-down to seal the intake valve. Remove excess water from the valve.
3. Warm the pack in a microwave or incubator until the desired temperature is reached.
4. The hot pack is ready for use. You can lightly massage the pack to evenly distribute the warm gel.

### COLD PACK:

1. Fill the pack completely with cold/lukewarm water.
2. Turn the pack upside-down to seal the intake valve. Remove excess water from the valve.
3. Cool the pack in a refrigerator (1 to 2 hours) until the desired temperature is reached.
4. The cold pack is ready for use. You can lightly massage the pack to evenly distribute the cold gel.

### INSTANT HOT PACK:

1. Fill the pack completely with warm water of the desired temperature.
2. Turn the pack upside-down to seal the intake valve. Remove excess water from the valve.
3. The hot pack is ready for use. You can lightly massage the pack to evenly distribute the warm gel.

### INSTANT COLD PACK:

1. Fill the pack completely with cold or ice water.
2. Turn the pack upside-down to seal the intake valve. Remove excess water from the valve.
3. The cold pack is ready for use. You can lightly massage the pack to evenly distribute the cold gel.

### PRECAUTIONS:

If the intake valve is not completely empty a small amount of water/gel may leak. An overheated pack can burst - take care when removing the pack from the microwave/incubator. The temperature of the pack can continue to rise slightly after the heating has been terminated. As there is a heightened risk of using the product when the temperature reaches 45 degrees Celsius the heat indicator turns red. The heat indicator is solely an extra indicative precautionary measure against injurious use. The pad and the gel can be too warm for the desired usage - even if the indicator not has turned red. Please always handle the pad with caution at all times. A pad that is too warm or too cold can result in injuries on the skin and the underlying tissue. Take special care when using on patients with reduced sensitivity. People suffering from diabetes and people with poor circulation should use heat therapy only after consulting a physician. Be advised that the skin of children, the elderly and pregnant women can be especially sensitive why supervision is advised. The pack is ONLY for external use. If the pack is damaged it must be disposed of immediately.

### RECOMMENDATION:

Each microwave performs differently. Therefore, we recommend you to heat CURAPAX at intervals of e.g. 20 seconds until you have gained a more precise sense of when the product reaches the desired temperature in your particular microwave.

### CURAPAX® CONTAINS:

PE, PA, PP and super absorbent polymer (SAP). CURAPAX is both PVC and Latex free. The gel that is created is non-toxic, risk free for skin and can dissolve in saltwater. Avoid ingesting the gel. Contact a doctor if the gel is ingested. CURAPAX® is a nontoxic, disposable product that can be disposed of with regular household waste.