

Performa™ Hot & Cold Gel Packs

Single Packs	Bulk Packs		
9229-09	9229-08	6/case	Standard (11" x 14")
9229-11	9229-10	6/case	Cervical (23" x 8")
9229-13	9229-12	6/case	Half-Size (7.5" x 11")
9229-15	9229-14	6/case	Extra-Large (11" x 21")

Use as heat therapy to soothe muscle aches, stiffness, cramps and tension. Cold therapy is indicated for reducing pain and swelling. Double-insulated vinyl.

Before Use

Inspect the product for damage that may have occurred during shipping and handling. In the rare case of damage, contact Performance Health immediately.

Please read the following instructions and precautions before using the product for the first time. If you do not understand these instructions, contact a healthcare professional.

Precautions

To protect skin, check that the pack does not have a leak. If the gel is punctured, dispose of the pack immediately and wash hands thoroughly. When Gel Pack leakage is not noticed, the contents could come into contact with eyes, skin or clothing; in this instance, flush with warm water. If any redness or irritation persists, consult a physician. If the contents are swallowed, drink one or two glasses of water to induce vomiting and contact a physician.

Do not place pack directly on skin. Without protection, skin could be severely burned by heat or become raw from cold. Before application, wrap the gel pack with several thicknesses of a towel for heat therapy or a single thickness towel for cold therapy.

Never sleep, lie or sit on the pack.

Take extra care when applying on infants, young or elderly patients who may be more sensitive to heat or cold. Adults should supervise application on children. Monitor carefully when used with anyone whose skin could burn or freeze easily such as children and the elderly.

The temperature of the pack should always be checked carefully before using. If it's too hot or too cold, let the pack sit for several minutes. Handle with care when removing the compress from a hot or cold source. When heated, the gel pack will become very hot.

Prevent irritation by paying close attention to the skin during treatment.

Keep packs out of the reach of children.

Instructions for Heat Therapy

Lay the Standard or Half-Size Pack flat in the microwave. Before heating the Cervical or Extra-Large Pack fold the free ends under the Pack; this will promote even heating. Select the high setting, and keep in mind that heating times may vary in different microwaves.

General Heating Guidelines

Standard and Cervical Packs: heat for 4 minutes, then turn over the pack and heat another 2 minutes.

Half-Size Pack: heat for 3 minutes.

Extra-Large Pack: heat for 8 minutes, then turn over the pack and heat for another 2 minutes.

Monitor heating: if the pack starts to expand, turn off the microwave and let the pack cool. If the compress gets too hot, it could leak and/or burst. Carefully remove pack from microwave, and wrap several layers of towels around it. Make sure the pack is not too hot before placing on skin. As the pack cools, extra layers of towels may be removed. Do not leave the pack on the skin more than 20 to 25 minutes.

Instructions for Cold Therapy

Allow a minimum of two hours for the pack to be stored in the freezer before using. Never use a pack that has been chilled below 0°F. Use a single piece of cloth to wrap around the pack, and test that the temperature isn't too cold for the user. Do not leave the pack on the skin more than 30 minutes.

Contraindications

Do not use on patients who have sensitive skin, nerve damage or poor circulation. Do not use in conjunction with balms, lotions or liniments.

**PERFORMANCE
HEALTH**

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