ThermaCare® HeatWraps:
Lower Back & Hip

Uses
Provides heat therapy for temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.

Warnings
THIS PRODUCT CAN CAUSE BURNS.
55 OR OLDER: YOUR RISK OF BURNING INCREASES AS YOU AGE
WEAR THERMACARE OVER A LAYER OF CLOTHING, NOT DIRECTLY AGAINST YOUR SKIN
DO NOT WEAR WHILE SLEEPING
CHECK SKIN FREQUENTLY DURING USE
IF YOU FIND IRRITATION OR A BURN, REMOVE PRODUCT IMMEDIATELY

Do not use
if heat cell contents leak and/or wrap is damaged or torn
for more than 8 hours in a 24-hour period
with pain rubs, medicated lotions, creams or ointments
on unhealthy, damaged or broken skin
on areas of bruising or swelling that have occurred within 48 hours
on areas of the body where you can’t feel heat
with other forms of heat
on people unable to remove the product, including children, infants, and some elderly
on people unable to follow all use instructions

Ask a doctor before use if you have
DIABETES
poor circulation or heart disease
rheumatoid arthritis
or are pregnant

When using this product
check skin frequently for signs of burns or blisters - if found, stop use
if product feels too hot - stop use or wear over clothing
do not place extra pressure over the product such as leaning against hard surfaces, or wearing under tight clothing, a tight waistband or belt
to avoid increased risk of burns, remove product before undergoing any MRI (magnetic resonance imaging) procedures

Stop use and ask a doctor
if pain worsens or persists for more than 7 days
if you experience any discomfort, burning, swelling, rash or other changes in your skin that persist where the wrap is worn

Keep out of reach of children and pets. Each heat cell contains iron (~2 grams)

Can be harmful if ingested. If ingested, rinse mouth with water and call a Poison Control Center immediately.

If heat cell contents come in contact with your skin or eyes, remove wrap, rinse affected area with water, and seek professional assistance immediately

DO NOT MICROWAVE or attempt to reheat as wrap could catch fire

Directions
Tear open pouch when ready to use
Place on pain area on lower back or hip with darker heat cells towards skin

If 55 and older, wear over a layer of clothing, not directly against your skin

It may take up to 30 minutes to reach therapeutic temperature

Adjust for comfort. Do not over-tighten

Wear up to 8 hours. Do not wear for more than 8 hours in any 24-hour period.
Place wrap flat. Do not fold or bunch as your risk of burn is increased

Questions? 1-800-323-3383 LBL Document Number: LBL-00000246 (Version 8.0)