

Instruction Manual

- Welcome
- Cool Lady Cooling Personal Pad
- Hot Mama Heating Personal Pad
- Cozee Reusable Protective Sleeve
- Legal-ish



Welcome

You got your Private Packs Personal Pads!

Hot Mama and Cool Lady are not your basic hot and cold packs. They elevate your intimate area needs into an experience you'll look forward to. Designed for wearable comfort that moves with you (or stays home with you), each pack conforms to the natural curvature of your privates for wearable bliss. Rock out with your pack on or roll or relax with it.

Why use Private Packs?

Hot and cold therapy have been shown to soothe pain and relieve swelling due to childbirth, episiotomy, sexual activity, yeast infection, STIs, pelvic floor physical therapy, saddle soreness, beauty services and more.

Activate and say ahhhhh. But first — read these general directions and pro tips:

Like with anything you're putting in your pants, make sure to inspect each Private Pack and protective sleeve thoroughly **before** use. Examine each side for signs of holes, ruptures, broken seams, or other defects. If you find anything, please email letstalk@privatepacks.com so we can replace your packs and report the issue. If a pack ruptures or leaks, discontinue use immediately. If contents of the gel pack come in contact with your skin, simply wash the affected area with cold water, as well as any clothing the gel came in contact with.

If you are unsure about using this product or have any circulatory problems, please consult a certified healthcare professional prior to use. While hot and cold therapy has well-known benefits, it is not an adequate solution for every symptom. If either pack leads to persistent pain or swelling, discontinue use and consult a healthcare professional immediately. Email letstalk@privatepacks.com if you have any questions.

Duration

Private Packs should be applied to the body for the doctor recommended time of 20 minutes MAX. Remove and wait at least 20 minutes before reapplying, if needed.

Cool Pad Recommended Use Tips

- Use during the first 24 hours following an injury.

Heat Pad Warnings

- Do NOT put Private Packs in the microwave
- Remove Private Packs from the protective sleeve before laundering.



1

ACTIVATE



Place in freezer: 2-2.5 HOURS

2

INSERT & WEAR

Insert into sleeve and place in the middle section of you underwear

3

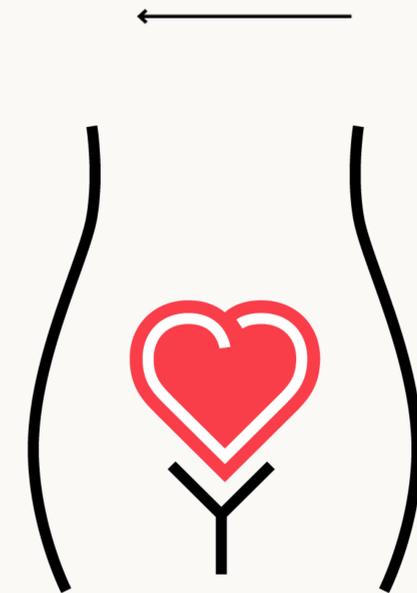
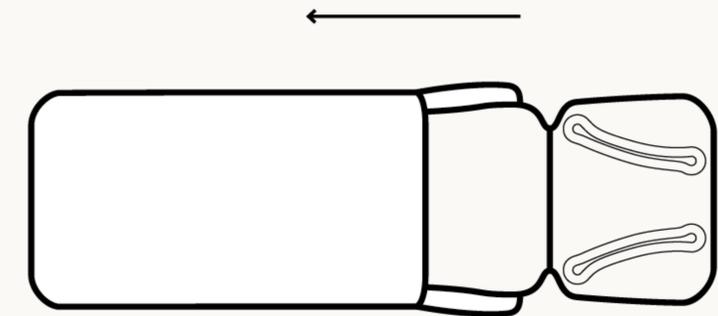
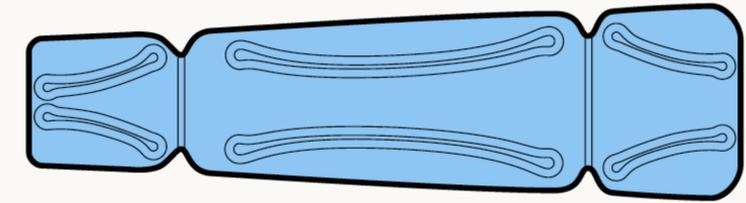
CHILL OUT

Wherever you are. Last up to 20 min.

*RESET



Place in freezer until next use



Duration

Private Packs should be applied to the body for the doctor recommended time of 20 minutes MAX. Remove and wait at least 20 minutes before reapplying, if needed.

Heat Pad Recommended Use Tips

- 24 hours after an injury, once swelling/bleeding has subsided.
- Moisten sleeve to provide moist heat: aloe, witch hazel or water.

Heat Pad Warnings

- Do NOT put Private Packs in the microwave
- Remove Private Packs from the protective sleeve before laundering.

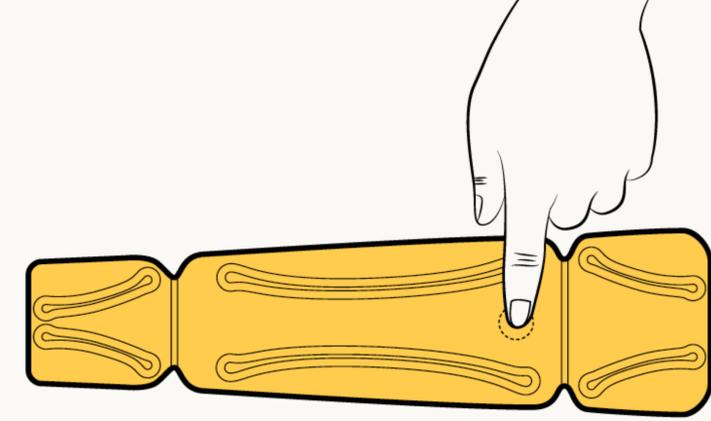


1

ACTIVATE



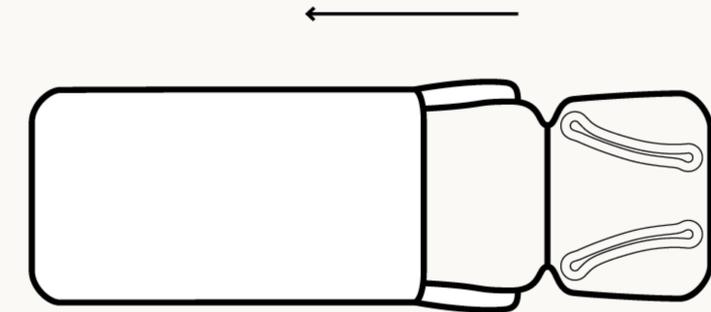
Press the metal disc: **INSTANT HEAT**



2

INSERT & WEAR

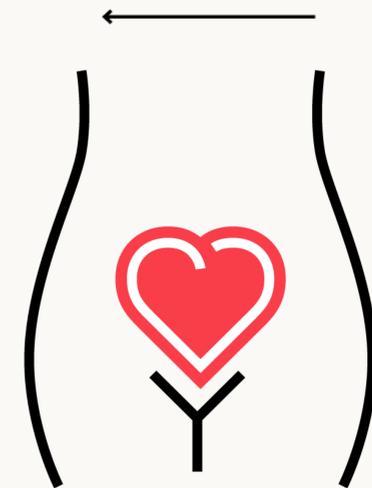
Insert into sleeve and place in the middle section of you underwear



3

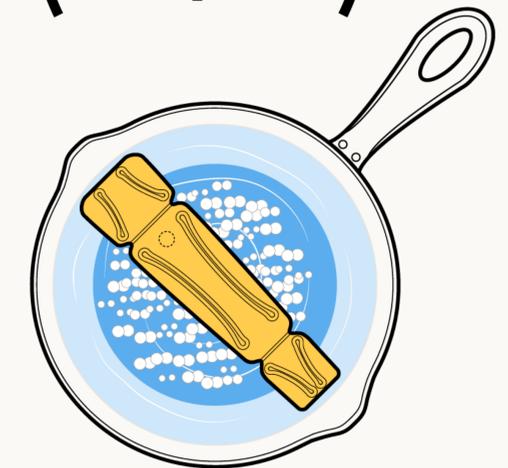
COZINESS

Wherever you are. Last up to 20 min.



*RESET

Submerge in boiling water for **5-15 min.** Cool



**Please handwash before resetting.*

Sleeve Recommended Use Tips

- The care label side of the Reusable Sleeve should be placed face down on the middle section of the underwear
- Not to be used with thongs

Care Tips

- Machine or hand wash in cold water with like colors
- Do use bleach. Lay flat to dry
- Do not put in dryer or line dry

Warnings

- Remove the personal pads from the sleeve before laundering.
- Always use the provided sleeve with your Private Packs.



1

ACTIVATE

You selected Private Pack

2

INSERT & WEAR

Insert into sleeve and place in the middle section of you underwear

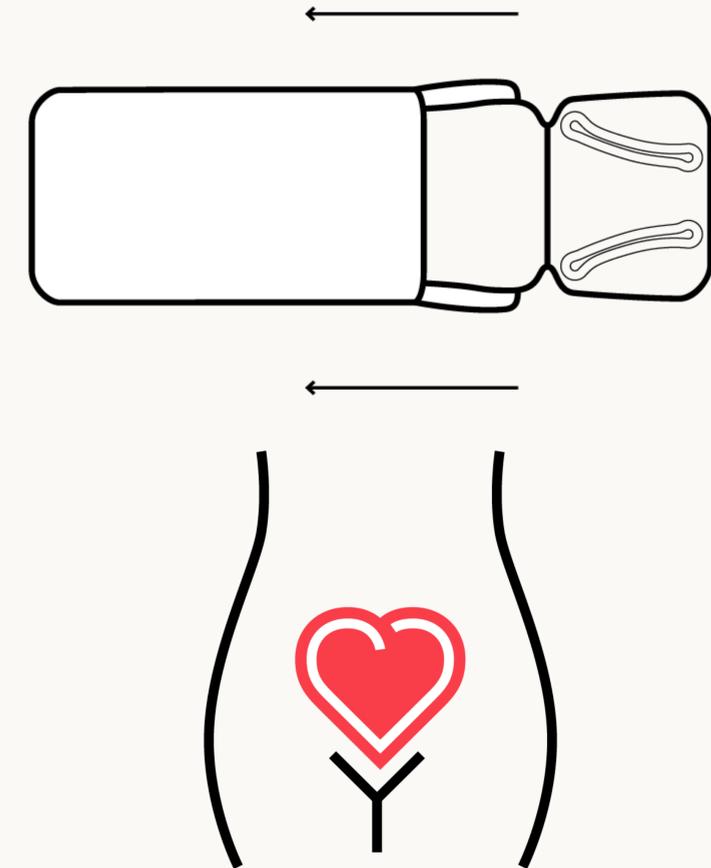
3

COZINESS

Wherever you are. Last up to 20 min.

TIP

You can dampen the sleeve when you use it with Hot Mama for moist heat which penetrates the skin to go deeper.



Warnings

- For external use only. Do not insert into your body.
- Keep out of reach of children and pets.
- Do not use on infants or children.
- Do not apply Private Packs directly on skin.
- Always place pad in our reusable protective sleeve before use.
- Do not use pad if punctured or damaged.
- Never purposefully puncture pad.
- If liquid contents of the pad come into contact with skin or clothes, wash with cold water. If irritation occurs, seek medical attention.
- Do not use either pad for more than 20 minutes at a time.
- If you experience any discomfort, redness, or increased swelling, discontinue use and consult a healthcare professional immediately.
- If liquid contents of pad contact eyes, flush thoroughly with water. Consult a certified healthcare professional immediately.
- If contents of gel pad and/or the metal disc is ingested, seek immediate medical attention by contacting a physician or a poison control center in your area immediately.
- This product is not intended for medical diagnosis, treatment, cure or prevention of any disease.
- Do not use for purposes other than intended.
- Do not operate motor vehicles while using this product.
- Misuse may cause injury.
- Test pad temperature before using to prevent injury.
- Do not heat the cool personal pad.
- Do not freeze the heat personal pad.
- Do not microwave either personal pad.
- Do not consume
- Do not iron the protective sleeves.

Disclaimer

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