



Sea Salt Ginger Microwavable Heat Pack

User Guide



Manufactured for LittleMum Care Australia

Why choose LittleMum Heat Pack

- Heat/Cold Therapy for Lower Back and Stomach Pain Relief, Menstrual cramps Relief
- 100% Organic Cotton Canvas Filled with 99.5% Nature Sea Salt and 0.5% Ginger Power to Facilitate a Gentle and Soothing Healing
- Anatomically Designed to Fit Around the Lower Back & Stomach and Evenly Distribute of the Heat or Cold with Tie-up Straps

Why use sea salt and ginger?

- Sea Salt retains its minerals and moisture, making it easy to be absorbed by the body. Heated sea salts are an excellent medium to warm and penetrate affected area facilitating a gentle and soothing healing.
- Sea salt's thermal properties retain heat or cold for long periods of time, providing longer-lasting relief than wheat bags.
- Ginger has anti-inflammatory, antioxidant, and anticancer properties. Because of this, it is thought to boost your overall immunity.



When should I use heat or cold therapy?



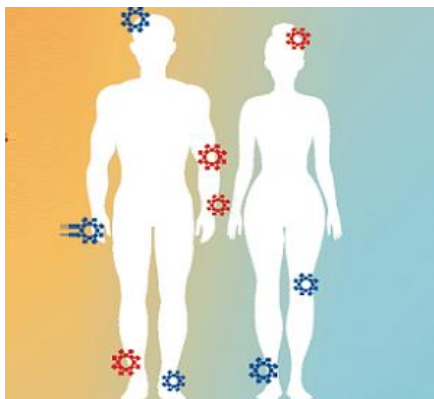
Heat therapy is to increase blood flow by dilating, or opening, blood vessels. Heat therapy is best for chronic issues or stiffness. You also can use heat therapy when you are exiting the acute phase of injury (typically post-72 hours) and entering the subacute phase.

- Chronic Stiffness
- Tension Headache
- Chronic Sprains & Tendinitis
- Menstrual Cramps

Cold therapy is used to reduce blood flow by constricting, or closing, blood vessels. Cold therapy can ease pain caused within the first 72 hours of any acute injury, such as an ankle sprain or muscle strain.

- Acute sprains and strains
- Flaring joints
- Gout flare-ups
- Vascular headache

What need to know about heat/cold therapy?



Heat Therapy:

- Should be used for approximately 30 minutes.
- Use enough insulation. Make sure that the heat source does not overheat or burn the skin.
- For any acute injuries such as muscle sprains, strains, knee injuries, fractures or dislocations, heat therapy is not advised
- Should also never be applied to open wounds and patients with circulatory problems should avoid

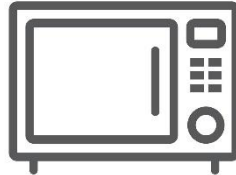
Cold Therapy:

- Never apply the ice directly onto the skin
- Ice should never be applied for more than 20 minutes, wait 40 minutes to 1 hour before reapplying
- Should refrain from using cold therapy for attempting to treat any chronic type of injury

- Should never apply cold therapy to open wounds , patients with circulatory problems or neuropathic problems should avoid

How long should I heat sea salt pack for?

- Always start with one minute on high in your microwave.
- Then increase by 30 second increments until you have found the ideal setting for you. All microwaves have different power settings and rather than giving you a set time we prefer you to find a time that works best for you. People's heat tolerances vary a great deal. And then simply remember it for next time.
- Please take care when heating a sea salt pack for somebody else and remember that the young and elderly have thinner skin and therefore cannot tolerate direct heat as well.



How to make sea salt pack last longer?

To insulate your sea salt pack and increase the duration of the heat, cover the sea salt pack with a piece of clothing or a towel. This works equally well for a frozen sea salt pack.

Can I wash sea salt pack?

No, you cannot. The sea salt will soak up the moisture from the water and your sea salt pack will be ruined. If you spill something on your sea salt pack, just wipe it off with a damp cloth and place in the microwave for a couple of minutes to dry out. If you are concerned about staining - just fold your sea salt pack up in a tea towel and remove it after use to wash it.



How to prevent burn injuries?

- Do take the pack out and check the temperature before heating further. Heat packs should always be warmed and used according to the manufacturer's instructions, and never overheated.
- Do not apply the heat pack directly onto the skin. Cover with a towel or blanket to prevent contact burns
- Do not sleep with a heat pack as sustained contact may cause severe burns
- Do not use on skin which does not have normal feeling. Keep in mind that children and elderly people's thin skin may not tolerate heat well and can burn more easily.
- Be aware that steam may come out of a warm heat pack: be careful when lifting heat packs from the microwave after heating.