

# ICE WRAP REPLACEMENT PACKS

## QUICK START GUIDE

### Hot/Cold Gel Pack Instructions



For a video demonstration of each method, check out [vhealth.link/n2e](https://vhealth.link/n2e)

### Cooling Instructions

1. Gently knead the gel pack to ensure that its contents are spread evenly throughout then lay flat in the freezer for a minimum of 2 hours.
2. Apply the gel pack to the affected area either within the included removable brace or within a layer of towel wrapped around the pack to protect your skin from the intense cold.

3. Leave the pack on the area for no more than 15-20 minutes at a time. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. Refreeze if needed.

### Microwave Heating Instructions

Note: Overheating will lead to leaks and ruptures.

1. Gently knead the gel pack throughout to ensure that its contents are spread evenly, this will ensure the pack heats evenly.
2. Place the gel pack flat in the microwave on a dry paper towel. Fold larger packs in half if needed to fit inside the microwave.
3. Heat the pack at full power in 5 second intervals, overheating will cause the pack to expand and rupture. Inspect the gel pack each interval to make sure there is no leaking.

4. Remove the pack with tongs and place within the brace or a wrapped towel before checking the warmth with a light touch. Packs are best used when warm to the touch but not extremely hot. **DO NOT** touch the pack directly, only touch the covering. Pack may be extremely hot.
5. If the pack is too hot, let it cool for at least 1 minute before application.
6. Apply the gel pack to the affected area with either the included removable brace or a layer of towel between the pack and your skin.
7. Leave the pack on the affected area for no more than 15-20 minutes.
8. As the pack loses heat during application, protective layers of towel may be removed. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. Reheat if needed.

### Stovetop Heating Instructions

1. Use a pot or pan large enough to accommodate the gel pack fully beneath the top edge of the pot/pan.

2. Place the gel pack inside the empty pot or pan.
3. Fill the pot with water. The water should not reach the top of the pot, but just high enough to cover the gel pack.
4. Remove the gel pack from the pot. **DO NOT** boil the water with the gel pack still inside.
5. Place the pot on the stove and bring the water to a boil.
6. Once the water boils, remove the pot from the stove and allow to cool for 2 minutes.
7. Using tongs (without sharp edges) or oven mitts, gently place the gel pack in the boiled water. **Submerge for 10 seconds.**
8. Remove the pack with the tongs and place within the brace or a wrapped towel before checking the warmth with a light touch. Packs are best used when warm to the touch but not extremely hot. **DO NOT** touch the pack directly, only touch the covering pack may be extremely hot.

9. Remove from the covering and place the pack back in the water as needed in 5-second intervals. Resubmerge as necessary until pack reaches desired temperature.
10. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. Reheat if needed.

**Note:** Be careful when placing and removing the packs from the pot, as the boiled water may splash.

#### **Warnings** ⚠

- Overheating the gel pack may cause it to burst or leak.
- Monitor the gel pack in the microwave. If it begins to expand, remove from microwave, let cool completely and inspect for ruptures and tears.
- Check the pack for punctures before each use. If there is a puncture, throw the pack away and wash skin if it came in contact with the inner gel.

- The gel pack shouldn't come into direct contact with the skin. Always use a brace or other protective layer, such as a towel. Supervise use by children or older adults, who may be more prone to skin irritation.
- Always check the temperature of the pack before use. If it's too hot or too cold, leave it to sit for a few minutes before application.
- If you have diabetes, poor circulation, nerve damage, sensitive skin, or paralysis, do not use gel pack therapy.
- Don't apply pain-relieving ointments prior to using the gel pack.
- Don't apply the gel pack to open skin. If the affected area has broken skin, disinfect the cut or wound and apply a sturdy bandage before using the pack.
- In the case of contact with the inner gel pack substance to eyes, skin, or clothing, rinse the affected area with warm water. If irritation persists, contact a doctor.

