

## How to Use?

- **For Hot Therapy:** Hot Fomentation provides relaxation and improves blood circulation promoting faster healing
  - **In microwave:** Place the gel pouch flat in microwave. Heat on 800 watts power for about 45 seconds. Check if properly heated, if not then additional heating is recommended at 10 seconds intervals
  - **In hot water:** Heat sufficient amount of water to boiling temperature. Put the gel pouch in it after removing from the heat source, for around 10 minutes or till the desired temperature is achieved
- **For Cold Therapy:** Cold fomentation reduce oedema and bleeding around the injured tissue. Can also be used to lower body temperature during high fever. Aids in post-surgical pain relief
  - Place the gel pouch in the freezer at 0°C for at least one hour
  - Use immediately after removal

### REMEMBER

- Never place the gel pack inside a conventional oven or a toaster
- Always use the hot/cold pack with the cloth cover
- Use with extreme caution in individuals with less sensitivity to heat or cold
- If the contents are exposed to skin or eyes, rinse with water immediately.
- In case the irritation or redness persists, consult a doctor
- Follow the instructions of your doctor if it is used for post-surgical trauma

**P.S.:** Kindly consult your Doctor or Physician before using this product in case of chronic pain and illness