



## PRODUCT CARE GUIDE

### PRODUCT CARE

**Proper treatment:** includes not overheating the pack, storing it in a plastic bag when it is in the freezer, keeping the pack out of direct sunlight, and keeping the hook and loop clean and free of debris. Gently adjusting the hook and loop will keep the strapping and materials looking new.

**Washing Instructions:** Any outer cover should be washed by hand (recommended) or machine with mild detergent such as Dove™ dish washing soap and hung to dry (recommended) or set on tumble dry low in a machine. Avoid bleach, harsh cleansers and fabric softeners. The gel pack inserts can be wiped clean with soap and water or antibacterial disinfectant.

**What happens if my gel pack gets punctured?** Although the gel consists of safe non-toxic components, the pack should be discarded. Any spilled gel should be cleaned immediately to prevent falls. If the gel dries and later becomes wet, it will create a very slippery surface.

**Product Storage:** Products should be stored in a clean environment out of direct sunlight and the hook should be fastened to the pack to prevent tangling and snagging. The freezer is also a great place to store the gel pack when it is not in use and it can be stored for several months with no problems. To prevent it from picking up unpleasant odors in the freezer, place it in a plastic bag.

### HOT THERAPY

**Applications:** arthritis, muscle and joint aches

**Treatment Duration:** Experts recommend using hot therapy no longer than 20 minutes at a time every 2 hours for up to daily use or when needed

**Heating Instruction:** Heat 20-30 seconds at a time intervals until desired temperature is achieved, kneading gel carefully between intervals. Take caution not to overheat the product! It can cause damage to the pack or result in burning the skin. The gel insert can be placed in a bowl of hot (not boiling) water.

### COLD THERAPY

**Applications:** inflammation such as arthritis or tendonitis, muscle sprains, strains, and pains

#### **Treatment Duration:**

Experts recommend using cold therapy no longer than 20 minutes at a time followed by 20 minutes without cold therapy. It is safe to use cold therapy every day.

#### **Cooling Instructions:**

The gel pack can be placed in the freezer (or refrigerator) for cool therapy for 2 hours prior to application. For long life of your product, it may be stored in the freezer indefinitely until it is used.

### RISKS WARNINGS AND LIMITATIONS

Persons with poor circulation, neuropathy, or sensitivity to temperature changes should use precautions by checking the skin regularly for irritation or avoiding hot therapy. A barrier is recommended between skin and the gel wrap. A gel pack should not go directly from the freezer to the microwave because it causes uneven heating of the gel. Children's product use should always be monitored by an adult. If you are not sure if hot therapy is right for you, contact your physician. Hot and cold therapy products should be used at one's own risk.

For More Information visit:  
[www.lifeandlimbgel.com](http://www.lifeandlimbgel.com)