



USER'S GUIDE

EASY ICE PAIN RELIEF HOT/ COLD THERAPY BAG-SIZE-9"

What's New:

1. Cold/Hot therapy no longer need ice cubes or hot water, Ice cubes & Hot water are replaced with long lasting mini gel-packs.
2. User need not worry about leakage of hot water or water from molten ice.
3. Risk of handling hot water is eliminated.
4. On every occasion of use gives cold therapy for about two hours and hot therapy for half an hour.
5. Its reusable. Use repeatedly for many months.

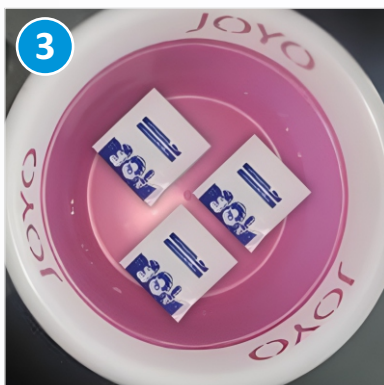
Steps To Do:

YOU USE:

1. A rubber lined water proof bag (Ref. fig 1 below) has an opening for Inserting / removal of gel packs.
2. Paper-thin (2) dry Gel packs 12 Nos, Each about 1 gm, are provided with the bag.
3. Hard plastic cap on bag enables holding the bag.



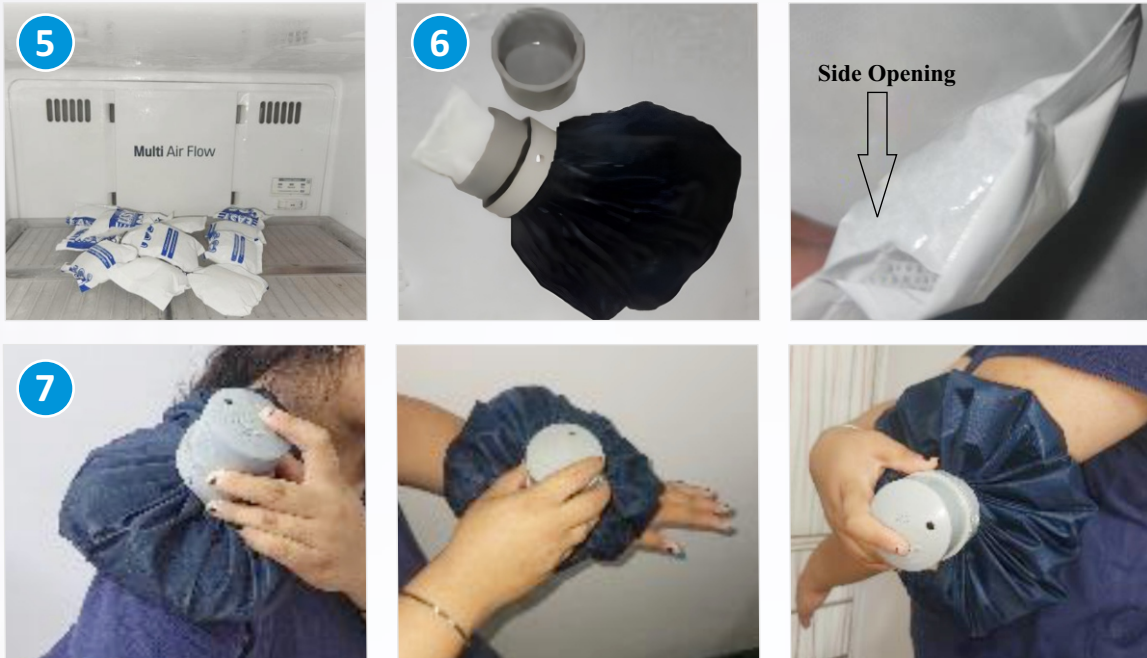
Immerse all dry gel packs in normal water (3) for about 15 to 30 minutes. They will absorb water and get puffed with absorbed water about 30 to 35 gm each. These are hydrated gel packs. (Ref. fig 4 below)



The gel packs have side opening for water entry, this is normal, do not bother about the opening.



For cold therapy (5) freeze the hydrated gel packs in freezer for 2 hours or more. One by one insert (6) all frozen gel packs in the bag opening, Put plastic cap on the bag opening. The cold gel packs cool the bag. The outside surface of the bag is now cool and is good for cold therapy, (7) as shown in pictures.



For Hot therapy, (8) heat the gel packs in microwave oven for few seconds. Duration depends on microwave power. Like for 700-watt oven heating time would be about 2 minutes, for 1150 watts it would be about 1 minute. When heating in microwave, one can touch the heated gel packs, when adequately hot, insert the gel packs in the bag and apply the bag to body, same way as for cold therapy above.

Instead of microwave oven one can heat gel packs in boiled water. Boil water in any kitchen top and remove it from oven, place the hydrated gel packs in just boiled water. In about say 5 minutes gel packs will be hot. The heated gel packs are inserted in the bag opening. Now Bag can be applied on body for **hot therapy**.



Heating in Microwave Oven

Note:

1. When the gel pack are not in use, take out gel packs from the bag and store in suitable clean poly bag for reuse.
2. No need to hydrate gel packs every time of use, the gel packs are good for use again and again. This saves water and time.
3. The emptied bag is washable with detergent, do no use hot water.
4. The ice pack also are washable with normal water, do not use detergent.

