

✓ DOs	✗ DON'Ts
SISSEL EXERCISE BALL	
Keep surface area free from pointed / Sharp objects & edges	Avoid very difficult exercises involving undue risk
Limit usage within the dynamic weight limit specified for respective balls	Under any circumstances don't repair damaged balls
Ensure flawlessness of the ball surface	Don't expose to lacquered or coated surface
Exercise on padded floor mat	Don't inflate more than the recommended size
Maintain extreme caution while using resistive aid with exercise balls	Don't kick an exercise ball
Inflate the ball step by step and let it remain as it is for at least 2 hours prior to using a compressor Prior to inflation, spread the ball and allow it to adapt at room temperature for at least 24 hours (ideally room temperature not below 23° C)	Don't expose to direct sun light, heat or other heat sources
SISSEL COLD THERAPY COMPRESSION	
Clean with moist towel and dry	Don't use in case of undefined results. Consult doctor or therapist as advised
Spray or wipe to disinfect	Don't apply on open injuries / wounds (possibly cover first)
Spray, let it soak, wipe if necessary. Use only suitable cleaners	Don't inflate / compress too strongly
Store compress at (Max-18 deg) in freezer. Enhances effectiveness	Don't put on too loosely
Too low temperature can cause frost damage to the skin Protect skin with towel	Avoid it proper positioning (position Joint opening for knee & elbow compress)
SISSEL HOT & COLD PACK	
Max temperature in hot water at 80° C	Avoid direct contact with pot
In hot water – place flat in pot ; remove pack after every 4 – 6 mins	Don't boil it in hot water. Bring water to boil, then remove pot from stove and place the pack inside it
Wrap pack in towel during application	Don't apply on small children
In microwave – if pack is folded, heat in short intervals of 20 sec each at max 600W	Don't use if damaged
Life span : 6 months, when used 10-15 times a day	Don't use on numb areas
SISSEL PILLOWS	
Wash pillow by hand	Don't worry about slight discoordination
Squeeze carefully by hand	Don't rinse it
Dry on grate or similar	Don't dry in direct sunlight / heat source
Place a towel underneath to dry	
Give about a week to dry	
  <p>Helpline : +91-91633 60368; 033 4040 1300 www.pushpanjaligroup.com info@pushpanjaligroup.com shop-pushpanjali.com</p>  <p>P.T.O.</p>	

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SISSEL RESISTIVE AIDS	
Prior to every use check for damages	Don't overstretch band / loop / tube
Ensure band / tube can't release from doorframe	Don't tie the end like a knot
Keep the band / loop / tube dry	Don't wet the band / loop / tube in water
Wrap over blunt object edge for performing exercise	Don't create too much tension
SISSEL TAPE	
Best to apply 1 hr prior to physical activity	Don't expose to direct sunlight / high temperature
Area of application must be clean, dry and free of creams, perfume & hair	Don't apply on damp & unclean surface
Remove immediately in case of redness, itching, pain or blistering	Don't rub or blow dry
Pat dry after showering	Don't use on open wounds, bleeding sores, existing irritations, sores or allergic reaction
Test patch is recommended for those with high allergic tendencies / plaster allergic reactions	Don't store in direct sunlight and / or high temperatures
Repetitive use without break could increase skin trouble	Not recommended for usage for more than 72 hours
Stretching tapes could give more stress on patient's skin	Stop usage immediately if it results in skin irritation
SISSEL HYDROTEMP	
Heat in microwave (600W or 800W)	Don't wash/rinse
Initial heating: 60s; increment : steps of 20s; max 120s in total	Don't store in airtight container
2 times application every 2 hours	Don't expose to sunlight/dust
Wipe with damp cloth	
SISSEL HEATWAVE	
Let product cool down completely before use	Don't apply pressure or sit/lean on it
Unplug/Disconnect cable charger before use	Don't use wet hands or expose it to water/fluid
Check temp. before use; if it feels uncomfortable cool first & wrap towel	Don't use in damaged state or attempt to repair
First insert the charger into the charging port. Then insert charger into an electric outlet (220V)	Don't heat in microwave or in any other method
Keep away from infant, animal or incapable person	Don't wash/rinse
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