

## Hold COLD COMPRESSION THERAPY

✓ DOs	✗ DON'Ts
Consult a medical professional before using this product	Don't use this product if it is damaged and defective
Place the Gel Pack only in freezer for cooling 1-2hrs (as required) before use	Don't apply Gel Pack for more than 10 mins at a time unless approved by a medical practitioner
For external use only	Don't fall asleep with the gel pack on your skin
Gently crease the Gel Pack (after cooling in Freezer) and ensure temperature is set to desirable level before use	Don't use this product in any way that may damage its quality and material
If required, a thin cloth may be used between your skin and Gel Pack to prevent discomfort	Don't use the product as a hot pack
Apply Gel Pack only to the body region it is designed for use	Don't put in microwave, hot water, or oven
If sore, rash or an incidence in increase of pain occurs, discontinue use and consult your physician for further advice	Don't use this product on open wound(s) and/or sensitive skin
Gel Pack can be stored in the Freezer for a long period of time, when not in use, to avoid accidental damage	Don't use this product with transdermal drug delivery skin patches or where skin creams, balms or lotions have been applied and during pregnancy.
If Gel Pack is damaged/ contents leak out, discontinue use immediately and wash the part exposed to the contents with normal water. The contents of Gel Pack are non-toxic to human skin	Patients using pacemakers or insulin pumps should never use this product
The plastic product cover in the box can be used for enclosing the gel pack in it while cooling in the freezer	Don't bring the pump-set (including pipe) in contact with any rough or prickly object



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