

HydraHeat Pack

Instructions for Use

The recommended temperature is 120° F/ 48° C - 140° F/ 60° C. Ensure that the heat pack is completely submerged in water.



Caution:

- o Damage to skin can occur from exposure to extreme heat or cold. See application Instructions above for proper use of this product.
- o Treatment time is safe for up to 45 minutes.
- o Constantly monitor the heat pack application to ensure that the skin does not become too hot.
- o Do not apply over desensitized skin or where circulation is compromised.
- o Do not apply packs directly over cuts, abrasions or open wounds.
- o Consult a healthcare professional before using heat packs on non-communicative individuals; exercise extreme caution when using packs on non-communicative individuals.



Warning:

- o Do not apply heat pack directly to the skin.
- o Individuals with circulatory problems should consult with a physician before use.
- o Do not add chlorine additive to the water.
- o Do not use HydraHeat packs in the microwave.

Clinical Use

- Place the HydraHeat pack in heating unit.
- Heating unit water temperature should not to exceed 140° F (60°C).
- Ensure that the heat pack is completely submerged.
- The pack will require warm up period of 20 minutes minimum prior to use.

Home Use

- Place the HydraHeat pack in a large pan and completely cover the heat pack with water.
- Place pan on stove top set for medium heat.
- Monitor water temperature until the desired temperature is obtained, but do not exceed the 140°F (60°C) maximum temperature.
- The pack will require warm up period of 20 minutes minimum prior to use.

Application

- Carefully remove the heat pack from the water using tongs.
- Place a towel or multiple towel layers, as needed for patient comfort, between the HydraHeat pack and patient prior to applying. The heat from the pack will penetrate the towel.
- To vary the heat intensity, increase or decrease the number of towel layers between the heat pack and the patient's skin.

Storage

- Between uses, it is highly recommended to remove pack from water and place the pack on a flat surface.

DO NOT EXCEED 140 °F (60°C)

Please open instructions

for important information on recommended
water temperature, cautions, and warnings.