

HotPac Use and Care

To Prepare HotPac for First Use Only:

- Place HotPac in a large pan. Enameled or stainless steel is recommended, as some aluminum pans discolor.
- Cover pack completely with tap water and soak for 2 hours.
- This soaking procedure is only required with a new HotPac.

To Heat HotPac for Clinical Use:

- Place HotPac in Hydrocollator® Heating Unit. Completely cover with water

To Heat HotPac for Home Use:

Stovetop

- Place HotPac in a large pan. Enameled or stainless steel is recommended, as some aluminum pans discolor.
- Completely cover HotPac with water and increase temperature until water temperature reaches 160° F.
- The HotPac should remain in the 160° F water for 20 minutes before it is ready to be used for treatment.

Microwave

- Place HotPac in a microwave safe container and cover completely with water.
- Place container in microwave and heat at full power until water temperature reaches 160° F.

Application:

- Carefully remove HotPac from water using tabs.
- Place HotPac in a Hydrocollator Terry Cover (purchased separately) or with several layers of dry terry toweling between HotPac and skin. The Hydrocollator Terry Covers are the same equivalent as using three terry cloth towels.
- The steam from the HotPac will penetrate the layers of toweling.
- To vary the heat intensity, increase or decrease the number of toweling layers.

To Store HotPac Between Uses:

- For Frequent, Regular Use: Keep HotPac in a covered pan of water. Reheat to 160° F water temperature when needed.
- For Infrequent Use: Place HotPac in a sealed plastic bag and store in the freezer section of the refrigerator. To reheat frozen HotPac, remove from plastic bag and follow heating instructions.

CAUTION:

- Treatment time should not exceed 30 minutes.
- Constantly monitor HotPac application to ensure that the skin is not becoming too hot.
- Damage to skin can occur from exposure to extreme heat or cold. Note above instructions for proper use.
- Do not apply over insensitve skin or in the presence of poor circulation.
- Never lay or sit on top of the HotPac.
- Do not use HotPac directly over cuts, abrasions or wounds.
- Consult health care professional before using HotPac on non-communicative individuals.
- Exercise extreme caution when using HotPac on non-communicative individuals.

WARNING:

- Do not apply HotPac directly to skin.
- Individuals with circulatory problems should consult with a physician before using this product.
- Do not sit or lie on the HotPac.
- Do not add chlorine additive to water.