

procare



## instant ice pack

The Vulkan Ice Pack provides an instant cold source. It does not need freezing nor is it reusable.

### Instructions for Use

Locate the inner pouch and squeeze firmly to break. Shake the bag to mix the contents thoroughly.

ICE-PACK is now ready to use and may be placed on the injured area. Refer to RICE-PRINCIPAL below.



Locate inner liquid pouch Squeeze firmly to rupture



Shake to mix contents



Apply to patient



Discard it

### RICE Principal: R: Rest I: Ice C: Compression E: Elevation

- Ice Therapy (cryotherapy) is now accepted as the best first aid treatment for most acute soft tissue injuries.
- The Vulkan Ice Pack should be used in conjunction with the RICE principal to relieve pain and reduce bruising, swelling, inflammation and stiffness.
- RICE principal will accelerate recovery from injury.

### Ice Pack – First Aid

- Ice-Pack should be activated and applied to the injured area as soon as possible. Do not apply directly to the skin, cover area with petroleum jelly or damp tissue towel to prevent frostbite.
- Compression should be applied to the area using tubular or crepe bandage. Check regularly to avoid restriction of circulation.
- Elevate the injured area above level of the heart and rest.
- The ice-pack should be applied for up to 12 minutes. This should be repeated every two waking hours for the first 24 hours after injury.
- An elasticated or heat-retaining support may also help in speeding the rehabilitation process.

### Caution:

- DO NOT PUNCTURE THE (OUTER) BAG. For external use only.
- If the mixture is swallowed, give the person several glasses of water to drink, allow the person to vomit and get medical assistance.
- If the contents come into contact with eyes or open sores, rinse thoroughly with water and get medical assistance if necessary.
- Keep out of reach of children.
- Do not subject the unused ICE-PACK to temperatures below 0°C.
- Use with care on head, on children, diabetics and persons with poor blood circulation or collagen disease.

### Ingredients:

Water and urea.

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VISIT THE VULKAN WEBSITE AT [www.vulkansupports.com](http://www.vulkansupports.com)

**Manufactured for:**  
Performance Health International Ltd.  
Nunn Brook Road, Huthwaite,  
Sutton-in-Ashfield, Nottinghamshire,  
NG17 2HU, UK

UK: Tel: 03448 730 035  
Fax: 03448 730 100

International: Tel: +44 1623 448 706  
Fax: +44 1623 448 784

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supporting an active lifestyle

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