

## Reusable Compression Pads

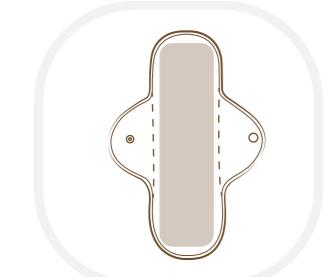


Apply heated or chilled Breast Compression Pads to help with:

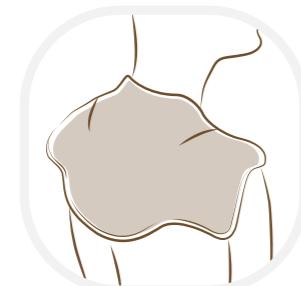
- Engorged breasts
- Mastitis symptoms
- Inflamed breasts and nipples
- Encouraging letdown

The Hot and Cold Compression Pad is flexible and versatile to help soothe angled and curved areas of the body e.g.:

- Neck and shoulders
- Stomach area
- Legs
- Arms
- Back



The Perineum Compression Pads are designed to provide cold therapy to the perineal area and conveniently clip over your underwear.



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## haakaa®

From New Zealand to the World

Celebrate your breastfeeding journey and share your wonderful stories as part of the Haakaa Community.

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[www.haakaa.co.nz](http://www.haakaa.co.nz)



## haakaa®

### Hot & Cold Reusable Compression Pad Set



Soothe aches and pains anywhere on your body with this complete kit!

## haakaa® International Award-Winning Brand



Enabling mums to lead simpler, easier and greener lives.  
More information at [www.haakaa.co.nz](http://www.haakaa.co.nz)

### Contents:

- 1 x Hot & Cold Compression Pad with 1 x Cotton Sleeve
- 2 x Hot & Cold Breast Compression Pads with 2 x Cotton Sleeves
- 2 x Cooling Perineum Compression Pads with 4 x Cotton Sleeves
- 10 x Non-Woven Fabric Covers



### Hot & Cold Breast Compression Pads

Soothe aches and pains associated with breastfeeding with Haakaa's Hot and Cold Reusable Breast Compression Pads. Heat them up to help relieve the discomfort caused by mastitis and engorgement, or to encourage letdown. Alternatively, try chilling them in the fridge or freezer to help soothe inflamed or swollen breasts and nipples.

### Hot & Cold Compression Pad

Combat tired muscles anywhere on your body with the Hot and Cold Reusable Compression Pad. Heat it up to help relieve tired, overworked muscles, or cool it down to help reduce inflammation and swelling.



### Caring for Your Haakaa Products

Wash compression pads regularly in warm soapy water. Wash cotton sleeves by hand or in a washing machine on a cold, delicate cycle. Allow to hang-dry. During the Lochia phase, your perineum pads will need cleaning after each use to keep them hygienic. Non-woven pads are disposable; however, you can reuse them by washing gently in warm soapy water and allowing them to hang-dry. Please be aware that regular washing of the non-woven pads may compromise their integrity over time.

### Cooling Perineum Compression Pads

Soothe pelvic discomfort, perineal swelling and other aches and pains associated with childbirth with Haakaa's Cooling Perineum Pad. This pad is designed for women who have delivered vaginally or who are experiencing vaginal discomfort as a result of childbirth.

The compression pad is designed to be chilled or frozen to help relieve tenderness and pain. The pad fits inside the soft cotton sleeve, which provides a protective layer between the pad and your skin, and clips over your underwear for a secure fit. We have provided two of these sleeves so that you can swap them out regularly if you find you have heavy leakage.



### Cotton Sleeves

Each compression pad comes with a soft cotton sleeve that provides a protective layer between the pad and your skin. Additionally, the perineum pads come with ten non-woven fabric covers for the fridge or freezer, which help to create a hygienic barrier between the pad and the rest of the items in your cold storage.



### Heating And Cooling Your Compression Pads

#### Instructions:

Compression Pad and Breast Compression Pads can be chilled, frozen or heated. Perineum Pads should only be used for cold therapy unless otherwise directed by your health professional. Always test pad temperature prior to application.

**Chilled:** Refrigerate for at least one hour before use. Insert pad into cotton sleeve before placing on your skin.

**Frozen:** Keep in freezer for at least one hour before use. Once frozen, insert pad into cotton sleeve before placing on your skin. Do not apply frozen compression pad directly to the skin as this can cause ice burns.

**Heated:** **Hot Water Method** - We recommend heating your pad by submerging carefully in hot water for 3-5 minutes. Do not use boiling water. Drain water before removing pad. Once heated, handle pad with caution and insert into cotton sleeve before placing on your skin. Do not apply hot compression pad directly to the skin as this can cause burns.

**Microwave Method** - Please be aware that microwaving your pad can cause uneven heat distribution. Place pad on a clean, dry plate in the microwave for 20 seconds, then in five second increments if needed. Remove pad after each round in the microwave and press on all areas of the pad to mix the gel well - microwaving can cause isolated hot spots, which can cause the gel to leak. Ensure that the pad does not brush against the walls or ceiling of your microwave as it spins. The microwave carousel must be able to spin throughout the heating cycle. Once heated, handle pad with caution and insert into a cotton sleeve before placing on your skin. Do not apply hot compression pad directly to the skin as this can cause burns.

Not suitable for use in microwaves above 700W.

#### Caution:

Check product condition regularly. Replace if this product shows any signs of damage. Keep away from sharp objects. Only soft bristle brushes or soft sponges should be used to clean compression pad. Hard scourers may scratch the surface. Do not use this product for anything other than its intended use. Store product in a cool, dry place and avoid direct sunlight. Do not forcefully squeeze or shake at any time. Do not open or puncture pad. If pad leaks, dispose of it immediately. For external use only, do not ingest. Do not apply to sensitive skin or open wounds. Do not fall asleep using pad. If gel comes into contact with eyes or skin, rinse thoroughly with warm water. For extreme, prolonged or chronic pain, contact your physician. This product is not a toy - keep out of reach of children and pets.

**Please note:** If pad is too hot or too cold for your comfort, wrap in an extra layer of fabric e.g. a towel.