



HOT & COLD REUSABLE COMPRESSION PAD PRODUCT MANUAL

English

Product Name: Hot & Cold Reusable Compression Pad

Materials: Cotton Sleeve: 100% Cotton

Gel Pad (outer): PVC, Polyester

Gel Pad (inner): 61% Water, 35% Glycerol, 4% Carboxymethyl Cellulose

Storage Bag: Polyester, Stainless Steel

Dimensions: Compression Pad - 405 x 200 x 15mm

Cotton Sleeve - 410 x 210mm

Storage Bag - 150 x 80 x 150mm

Contents: 1 x Compression Pad - Blush/Suva Grey

1 x Cotton Sleeve

1 x Portable Storage Bag (Bluestone)

Product Description:

Soothe aches and pains anywhere on your body with Haakaa's Hot and Cold Reusable Compression Pad. Heat it up to help relieve the discomfort caused by tired, overworked muscles, or cool it down to help reduce inflammation and swelling. This set comes with a soft cotton sleeve that provides a protective layer between the pad and your skin, and a handy portable storage bag.

Features:

- Reusable pad can be heated or chilled to relieve discomfort all over your body.
- Heat up to help soothe sore, tired muscles.
- Chill or freeze to relieve inflammation and swelling.
- Pad's versatile, multifunctional shape flexes to accommodate curved and angled areas on your body.
- Cotton sleeve provides a layer of effective yet gentle protection between gel pad and your skin.
- BPA and phthalate-free.

Cleaning and Care:

Hand-wash compression pad regularly in warm soapy water. Wash cotton sleeve by hand or in a washing machine on a cold, delicate cycle. Allow to hang-dry.

Instructions:

Can be chilled, frozen or heated. Only use for a maximum of 20 minutes at a time. Always test pack 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 this 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.