www.coretechortho.com

coretech® by vivehealth

OWNER'S MANUAL

LSO ICE PACKS

SKU: RHB2062BLK



To see all FAQs in one place, visit, **coretechortho.link/26z**

LSO ICE PACKS

WHAT'S INCLUDED

1x Top LSO Ice Pack



1x Bottom LSO Ice Pack



HOT/COLD GEL PACK INSTRUCTIONS

Before using the LSO Ice Packs, it is important to understand proper gel pack heating and cooling procedures for safe and effective use.

Cooling Instructions

1. Gently knead the gel pack to ensure that its contents are spread evenly then lay flat in the freezer for a minimum of 2 hours.

2. Remove from the freezer and secure it to your LSO using the hook backing.
3. Leave the pack on the area for no more than 15 - 20 minutes at a time. If used repeatedly, leave the pack off for at least 20 minutes before re-applying. Refreeze as needed.

Microwave Heating Instructions

NOTE:
Overheating will lead to leaks and ruptures.

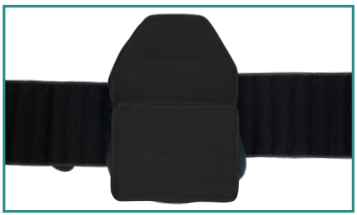
1. Gently knead the gel pack to ensure that its contents are spread evenly, this will ensure the pack heats evenly.
2. Place the gel pack flat in the microwave on a dry paper towel. Fold larger packs in half if needed to fit inside the microwave.
3. **Heat the pack at full power in 5-second intervals, overheating will cause the pack to expand and rupture.** Inspect the gel pack at each interval to make sure there is no leaking.
4. If the pack is too hot, let it cool for at least 1 minute before use. Reheat as needed.

Do NOT heat by stovetop, only microwave.

RHB2062BLK

APPLICATION

Using the hook backing, secure the ice pack(s) to your LSO after it has been cooled or heated. After they have been cooled or heated attach the ice pack(s) to your LSO brace, use one or both depending on the targeted area.





CARE INSTRUCTIONS

Spot clean gel packs or rinse them under water, wipe dry. Do NOT machine wash or dry.

WARNINGS ⚠

- Overheating the gel pack may cause it to burst or leak.
- Do NOT machine wash or dry.
- Monitor the gel pack in the microwave.
  If it begins to expand, turn off the microwave and allow the pack to cool.
- Check the pack for punctures before each use. If there is a puncture, throw the pack away and wash skin if it came in contact with the inner gel.
- Supervise use by children or older adults, who may be more prone to skin irritation.
- Use caution when using compression as it will cause cooling and heating to intensify.
- Use caution when using compression as it can lead to restricted blood flow.
- Always check the temperature of the pack before use. If it's too hot or too cold, leave it to sit for a few minutes before use.
- If you have diabetes, poor circulation, nerve damage, sensitive skin, or paralysis, do not use gel pack therapy.
- Don't apply pain-relieving ointments before using the gel pack.
- Don't apply the gel pack to open skin. If the affected area has broken skin, disinfect the cut or wound and apply a sturdy bandage before using the pack.
- In the case of contact with the inner gel pack substance with eyes, skin, or clothing, rinse the affected area with warm water. If irritation persists, contact a doctor.

www.coretechortho.com

coretech®

by vivehealth

Distributed by

vivehealth

8955 Fontana Del Sol Way
Naples, FL 34109
1-800-487-3808
www.vivehealth.com

010223