



PowerPlay Gel Pack Cooling and Heating

The PowerPlay® reusable, nontoxic gel pack is designed for convenient application of heat or cold. The gel pack aids in joint relief and muscle recovery, relieving temporary pain and swelling or muscle stiffness, tension and aches.

INSTRUCTIONS FOR USE:

Cooling Directions:

Place the gel pack in the freezer for at least 1 hour. The gel pack can get very cold, so make sure to use a protective barrier so that the gel pack does not directly contact the skin. The gel pack may also be refrigerated if a higher temperature is desired.

Heating Directions:

Place gel pack in microwave for no more than 1 minute heating time (650 -750 watt microwave oven). If further heating time is required, heat in 15 second increments (checking the temperature between each) to a maximum heating time of 1 minute. Do not exceed the stated time as this could damage the gel pack. **After heating, check that the gel pack is not too hot, and that there are no hot spots before use!**

CAUTION: Once brought to the desired temperature whether cold or hot, do not apply without using a protective barrier against the skin. Should the application of cold or heat become uncomfortable, remove the pack for a few minutes then reapply.

Persons with circulatory problems should not use any cold or hot compress unless directed by a physician. Do not use if pack is in any way torn, cut or punctured. Gel packs may be cleaned with 3% hydrogen peroxide solution, or with sanitizing wipes.

Therapeutic cold has been proved to be between 50°- 60° F*

* Knight, Kenneth and Draper, David; *Therapeutic Modalities*, 2008

For questions about this product call **855-PWR-PLAY (855-797-7529)**
www.powerplay.us