

⚠ CAUTION

Never apply a B-Cool® 1.0 gel pack directly onto the skin. An additional protective barrier such as a B-Cool® wrap or cloth towel is recommended to protect against frostbite or a burn. Not recommended for use on skin with open wounds or abrasions.

Supervision is strongly advised when applying this product on children and geriatric patients. Patients with circulatory problems should consult a physician or healthcare professional prior to any treatment.

If the B-Cool® 1.0 gel pack is punctured, dispose of it and reorder a replacement B-Cool® 1.0 gel pack to continue treatment.

In the unlikely event there is exposure to the eyes, immediately flush with water and consult with a healthcare professional as a precaution.

COLD THERAPY APPLICATION INSTRUCTIONS

1. Place the B-Cool® 1.0 gel pack into the freezer for at least 4 hours before using.
2. Place the gel pack in a B-Cool® wrap or cloth towel, then apply to affected area.
3. Remove gel pack if it becomes uncomfortable.

HEAT THERAPY APPLICATION INSTRUCTIONS

Heating with Hot Water

1. Bring 2 quarts (2.5 liters) of water to a boil.
2. Remove pot from heat and let stand 15 seconds.
3. Immerse room temperature gel pack in hot water for 7 to 10 minutes.
4. The gel pack will be hot. Use caution while removing the gel pack.

Heating with Microwave

1. Place the room temperature B-Cool® 1.0 gel pack on a paper towel or microwaveable container.
2. Heat pack in microwave on high for 30 seconds. Since microwave ovens vary, more or less time may be required to heat to proper temperature. Increase or decrease heating time in 15 second increments to reach a comfortable temperature.

⚠ WARNING: If compress expands like a balloon, discontinue heating immediately.

3. The gel pack will be hot. Use caution while removing the gel pack with a hot pad or heat resistant towel. Knead gel pack gently to distribute heat.

NOTE: For repeat heating, heat at 15 second increments until a comfortable temperature is reached. Remove gel pack with a hot pad or heat resistant towel. Knead gel pack gently to distribute heat.

Applying the Heated Gel Pack

Place gel pack in a B-Cool® wrap or cloth towel, then apply to affected area. NEVER APPLY A B-Cool® 1.0 GEL PACK DIRECTLY ONTO THE SKIN.

Always follow your physician's or healthcare professional's specific treatment instructions.

