

MOIST HEAT PACKS provide a maximum of 30 minutes of moist heat, without dripping, wringing or excessive moisture. Each MOIST HEAT PACK may be used repeatedly for hundreds of applications. Simply reheat the pack in hot water.

INSTRUCTIONS FOR HEATING

When using your MOIST HEAT PACK for the first time it should be soaked and heated for a longer period of time than for subsequent use. Before initial soaking, hold the PACK by the corner loops and shake it gently for even distribution of the filler. This lets the PACK expand uniformly.

Place the MOIST HEAT PACK in a metal container large enough to accommodate it, such as a kettle, pot, dishpan, etc., made of stainless steel or enamelware. Fill the pan with enough water to cover the MOIST HEAT PACK completely.

Your new MOIST HEAT PACK should be soaked for an hour or more allowing it to swell completely.

Put the pan on the stove to heat. When the water begins to boil, reduce heat to a low setting or flame to keep the water simmering at a temperature of not more than 160 deg. F (70 deg C) for about 15 minutes. Be sure the water covers the PACK.

TO REUSE A MOIST HEAT PACK

Once the first soaking a new MOIST HEAT PACK has been completed, the PACK can quickly be reused by heating it in hot water for 15 or 20 minutes.

For professional use in hospitals, clinics or medical offices, the use of a hydroculator, a thermostatically controlled hot pack unit, is recommended. This unit accommodates MOIST HEAT PACK of various sizes.

INSTRUCTIONS FOR APPLICATION

When handling a MOIST HEAT PACK, be sure to use the corner loop to avoid burns. To apply moist heat, wrap the MOIST HEAT PACK in ordinary heavy terry cloth toweling or insert it into a MOIST HEAT PACK COVER.

When using terry cloth towels, wrap the MOIST HEAT PACK in one towel so that the PACK is completely covered. Fold a second towel into several layers and place it over the area of the body where moist heat is being applied. Place the enclosed MOIST HEAT PACK on top of the layers of toweling as the moist heat will penetrate.

Be sure that a sufficient amount of toweling is placed between the PACK and the patient to prevent too much heat. To minimize heat loss place another folded towel or layer of heavy plastic on top of the enclosed MOIST HEAT PACK. To vary the amount of heat, you may increase or decrease the number of layers of toweling between the MOIST HEAT PACK and the skin. If the heat is too intense, a layer or two of toweling can be added. As the PACK begins to cool, you can remove or unfold a layer of toweling.

NOTE: The HYDROCOVERS are especially prepared for use with the MOIST HEAT PACK and simplify their application. The COVERS are the proper thickness and a convenient size. Just place a MOIST HEAT PACK on one side of the cover, fold the cover and press the Velcro closure together to hold the PACK in place.

CARE OF THE MOIST HEAT PACKS

Store the original sealable plastic bag for future storage.

For Frequent/Regular Use:

Keep MOIST HEAT PACK in water when not in use so they can be quickly reheated when needed. If they are constantly in use, you may wish to keep the pot simmering on the stove over low heat or use a MOIST HEAT PACK Heating Unit.

For Occasional/Irregular Use:

When not in use, place back in the sealable plastic bag to prevent odor or any loss of moisture. Store the plastic-wrapped PACK in a refrigerator or freezer to prevent deterioration of drying out.

WARNINGS

- Treatment should not exceed 30 minutes.
- Do not place MOIST HEAT PACK directly on skin. Always use a sufficient amount of toweling or a MOIST HEAT PACK COVER. If the heat is too intense for the patient, add extra layers of towels.
- Do not use a MOIST HEAT PACK on patient with poor circulation or sensitive skin.
- Do not use the MOIST HEAT PACK in conjunction with liniments, balms, or lotions.
- Do not use the MOIST HEAT PACK if the patient is lying on another hot pack, steam pack or hot pad.
- Be sure to exercise special care on infants, young children, or older patients whose skin may be more sensitive to heat.