

ACU-LIFE®

Therapod™
thermal relief

Soothing **2-in-1** Moist Heat & Cold Therapy

INSTRUCTIONS

Warming Instructions (Based on 1100 Watt Microwave):

Remove cold pack from **Therapod™** (never heat with cold pack in **Therapod™**). Lay **Therapod™** flat in the center of a clean microwave safe dish and heat for 45 seconds. Allow 1 minute before removing from microwave.

Test before applying. **Therapod™** should feel warm,

NOT HOT – be careful to check for hot spots before applying.

If additional warmth is needed, heat in 15 second intervals. Do not

exceed 1 minute 30 seconds of total warming time. Always

shake and flip **Therapod™** between intervals. Time rated for

1100 watt microwave. Do not reheat product until it has returned to room temperature. Do not use **Therapod™** more than 4 times per day.

For Moist Heat apply **Therapod™** with the green side facing the skin. **CAUTION:**

DO NOT overheat. If overheated too much heat can be transferred to skin and cause burns. Do not use with external analgesic products. **DO NOT use Therapod™** as a hot pack for the eyes.

Cooling Instructions: Insert gel pack into **Therapod™** and place in freezer for at least 3 hours before use. For cold therapy apply **Therapod™** with silver side facing the skin. When finished, return the cold pack to the freezer for storage until next use. **CAUTION:** Cold therapy not to be used for individuals with known or suspected circulation problems. Not to be used in excess or 20 minutes at a time.

Cleaning Instructions: Spot clean with a mild soap and damp cloth only. **DO NOT** machine wash or submerge in water.

Warning: Avoid excessive weight on gel pack (may cause gel pack to rupture and leak). Gel is non-toxic – discard if gel pack is punctured, torn or leaks. Use product only as directed. Apply warm or cool therapy for no more than 20 minutes. Never microwave **Therapod™** with gel pack inside. Do not overheat or microwave while wet. Do not sit on or sleep with product. Continuous low heat can burn; continuously shift the position while in use. Do not use with external analgesic products. Consult a physician prior to using if you have any medical conditions. Do not use if you have diabetes, circulatory problems or sensitive skin. Product should not be used on people who are unable to remove it (children, some elderly, etc.). **DO NOT use Therapod™** as a hot pack for the eyes.

Storage: Always store the **Therapod™** at room temperature. Do not store near a source of heat or in areas of constant humidity. The cold pack can be stored separately in the freezer so that it is ready for the next use.

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