

MOIST HEAT PACK

cool-novo™

NOVOHeat™

Instructions –

Moist heat pack is a simple and effective method for applying moist heat to localized area. It gives at least 30 minutes of therapeutic moist heat. Place it in a sealed plastic bag and store in freezer when not in use. When re-use, remove it from plastic bag and follow heating instructions.

1. Hold the pack by the corner loops and gently shake it. This contributes the filler and permits it to swell (absorb water) evenly.
2. Place pack in a heating unit large enough to accommodate it (for home, use a pot or pan).
3. Fill the heating unit with enough water to keep the pack completely immersed.
4. Let the pack soaks into water for around 16-20 hours, warm or hot water can have better effect. The pack will become completely swollen with water. This long soaking procedure is necessary only with a new pack. After this initial use, the pack can be prepared in accordance with the below instructions.

MICROWAVE - If microwaving, place the hot pack in a microwave safe container and cover completely with water. Place container in microwave and heat it at full power until water temperature reaches 71 degrees C (160 degrees F), microwave it for about 60 – 90 seconds.

STOVE- If using stove, put the heating unit on the stove and bring to a boil. Reduce the heat control to a low setting after the water boils. Temperature should not exceed 75 degrees C (167 degrees F).

The heated pack can be applied to the treatment with a bath towel or the customized designed terry cover.

Application –

- Carefully remove the heated pack from the heating unit.
- Place the heat pack on towel or terry cover and completely wrap the pack with the towel.
- The steam from the heated pack will penetrate the layers of toweling and reach the area being treated.
- To vary the heat intensity, increase or decrease the number of toweling layers. If the treatment area is too hot, add a layer or two of toweling. As the heat subsides, layers of toweling can be removed.



Warning & Precautions –

- Treatment time should not exceed 30 minutes.
- Monitor Moist Heat Pack application to ensure that the skin is not becoming too hot.
- Damage to the skin can occur from exposure to the extreme heat or cold. The water temperature in the Heating Unit is approximately 71 degrees C (160 degrees F). Follow the above instructions when use, otherwise the Heating Packs have potential to burst and leak that will cause burns, scaring and injury.
- Do not sit or lie on the Heat Pack.
- Never allow them to dry after use.
- Do not retrieve Heat Packs from tank or replace them in tank with unprotected hand.

