

# MEDICAL CRYO / CALOR



## Introduction

Medical Cryo gel packs is commonly used to reduce **pain, swelling, and inflammation** caused by injuries such as sprains, strains, bruises, or post-surgery recovery. This guide will show you the safe and effective way to use one.



## COLD COMPRESSION



## Step-by-Step Instructions

- 1. Cool the Gel Pack**
  - Remove pack from pouch
  - Place the gel pack in the freezer for at least **2-3 hours** before use (Pack would be hard).
  - Or can be placed in the refrigerator **4-6 hours** before use (Pack would be semi solid/ soft)
- 2. Prepare for Application**
  - Place packs into the pouch and secure the velcro
  - Never apply the gel pack directly on bare skin as it can cause frostbite or skin irritation.
- 3. Apply the Cold Compression**
  - Place the pouch on the injured or swollen area.
  - Adjust the straps so that the pack remains on the desired site , not too tight.

#### 4. Time the Session

- Keep the pack on for **15–20 minutes at a time**.
- Remove the pack and wait at least **1 hour** before reapplying.

#### 5. Repeat as Needed

- Use several times a day for the first **24 - 48 hours** after injury, or as recommended by your doctor.

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## Do's and Don'ts

### Do

- Check skin every 5 minutes for signs of excessive redness or numbness.
- Rest and elevate the injured area if possible.
- Allow pack to attain room temperature before heating (HOT COMPRESSION)

### Don't

- Apply directly to skin.
- Use for longer than 20 minutes at a time.
- Fall asleep with the gel pack on the injury.
- Use on open wounds or broken skin.
- Use unsupervised for children.



## HOT COMPRESSION



## Introduction

Medical Calor gel packs are commonly used to relieve **muscle stiffness, joint pain, cramps, and chronic injuries**. Heat increases blood flow, relaxes tight muscles, and eases discomfort. This guide explains how to safely use the pack.

## Step-by-Step Instructions

### 1. Heat the Gel Pack

- **Microwave Method**
  - Remove pack from pouch

- Place gel pack flat in microwave.
- Heat for **30 - 45 seconds** on each side.
- Compress pack gently to allow the heat to mix evenly.
- If more heat is needed, reheat in **10-second intervals** until warm (not too hot).
- **Hot Water Method** (if microwave not available):
  - Boil water, remove from heat, and place gel pack in hot water for **5 -10 minutes**.
  - Carefully remove and dry with a towel.

## **2. Prepare for Application**

- Place the packs in the pouch and secure the velcro
- Do not place directly on bare skin to avoid burns.

## **3. Apply the Heat Compression**

- Place the pouch on the affected area (e.g., sore back, stiff joint, cramps).
- Adjust the straps so that the pack remains on the desired site , not too tight.
- Relax and keep the area still.

## **4. Time the Session**

- Use for **15–20 minutes at a time**.
- Allow the skin to cool for at least **1 hour** before reapplying.

## **5. Repeat as Needed**

- Use 2–3 times daily or as recommended by your doctor.

## ***Do's and Don'ts***

### *Do*

- Always test the pack's temperature before applying.
- Use pouch to avoid burns.
- Check skin every 5 minutes.
- Use heat for muscle stiffness, cramps, or chronic pain.
- Allow pack to attain room temperature before cooling / freezing (COLD COMPRESSION)

### *Don't*

- Apply directly to skin.
- Overheat the pack - it can get damaged or burn you.

- Use on open wounds, swelling, or fresh injuries (use cold pack instead).
- Fall asleep while using.
- Use unsupervised for children

## Troubleshooting

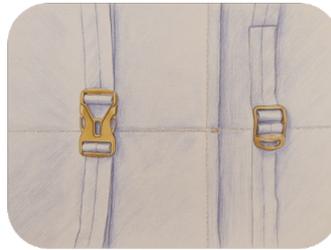
- **Pack too hot?** -Let it cool for 1–2 minutes before applying.
- **Not warm enough?** -Reheat in short intervals.
- **Skin turning red or burning?** -Remove immediately and let skin cool.

## GENERAL CARE

Packs can be cleaned with water and mild soap.

Pouch can be dry cleaned

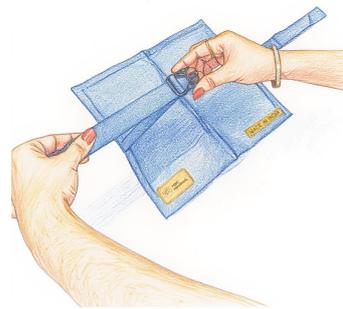
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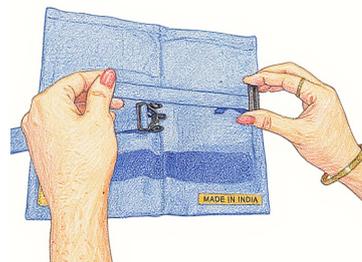
## BUCKLE INSTALATION



Insert strap in first buckle hole



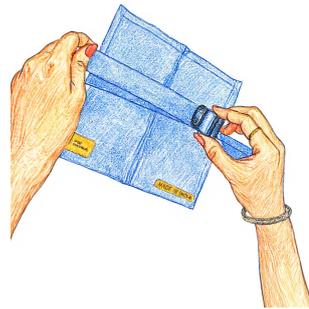
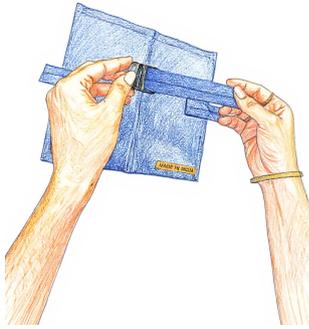
Insert strap in second buckle hole



Repeat for second buckle



# ADJUSTABLE CLASP INSTALATION



## APPLICATION EXAMPLES

