



CRYO



CALOR

Medical Gel Pack

Cold & hot compression therapy for pain relief, swelling,
and muscle recovery.



Cool. Compress. Recover.

Reduces pain, swelling, and inflammation from sprains, strains, bruises, or post-surgery recovery.

01

Cool the gel pack

Remove from pouch. Freeze for **2–3 h** (firm pack) — or refrigerate for **4–6 h** for a semi-soft pack.



02

Prepare for application

Slide the pack into the fabric pouch and secure the velcro closure. Never apply the gel pack directly on bare skin — it can cause frostbite or irritation.



03

Apply the cold compression

Place the pouch on the injured or swollen area. Adjust the straps to hold the pack firmly in position — snug, not tight.



04

Time the session

Keep the pack on for **15–20 min**. Remove and wait at least **1 h** before reapplying.



05

Repeat as needed

Use several times daily for the first **24–48 h** after injury — or as directed by your doctor.



Warm. Relax. Restore.

Relieves muscle stiffness, joint pain, cramps, and chronic injuries by increasing blood flow.

01

Heat the gel pack

MICROWAVE

Heat **30–45 s** each side. Compress gently. Reheat in **10 s** intervals until warm. DO NOT overheat .

HOT WATER

Boil water, remove from heat. Submerge pack for **5–10 min**. Pat dry before use. DO NOT overheat .



02

Prepare for application

Slide the warm pack into the fabric pouch and secure the velcro. Do not place directly on bare skin to avoid burns.



03

Apply the heat compression

Place the pouch on the affected area (e.g. sore back, stiff joint, cramps). Adjust the straps — snug, not tight. Relax and keep the area still.



04

Time the session

Use for **15–20 min** . Allow skin to cool for at least **1 h** before reapplying.



05

Repeat as needed

Use **2–3×** daily or as recommended by your doctor. Always test the pack temperature before each use.



Do's & Don'ts

DO

✓ **CRYO** **CALOR**
Always use the fabric pouch — never apply directly to bare skin.

✓ **CRYO** **CALOR**
Check skin every **5 min** for redness or numbness.

✓ **CRYO** **CALOR**
Allow pack to return to room temperature before switching therapy type.

✓ **CRYO**
Rest and elevate the injured area whenever possible.

✓ **CALOR**
Test pack temperature before every application.

✓ **CALOR**
Use heat for stiffness, cramps, or chronic pain — not for fresh injuries.

DON'T

✗ **CRYO** **CALOR**
Use for more than **20 min** at a time.

✗ **CRYO** **CALOR**
Fall asleep while using.

✗ **CRYO** **CALOR**
Use on open wounds or broken skin.

✗ **CRYO** **CALOR**
Use unsupervised for children.

✗ **CALOR**
Overheat the pack — it can be damaged or cause burns.

✗ **CALOR**
Apply heat to fresh injuries or acute swelling — use cold instead.

✗ **CONTRAINDICATION**
Use if you have diabetes, poor circulation, or nerve damage — reduced sensitivity raises risk of burns or frostbite.

✗ **CONTRAINDICATION**
Use if pregnant or post-surgical without medical clearance from your doctor.

Care & Troubleshooting

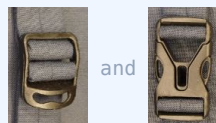
— WHAT'S IN THE BOX



Gel Pack
× 1



Fabric Pouch
× 1



Adjustable Strap
× 2



QR Instruction Manual
× 1

— GENERAL CARE



Gel Pack

Clean with water and mild soap. Air dry before storage.



Fabric Pouch

Dry clean only. Do not machine wash or soak.



Storage & Shelf Life

Store at room temperature away from direct sunlight. Inspect for leaks before each use. Discard and replace if gel pack tears or leaks.

— TROUBLESHOOTING



Pack too hot?

Cool for **1–2 min** before applying.



Not warm enough?

Reheat in **10 s** intervals.

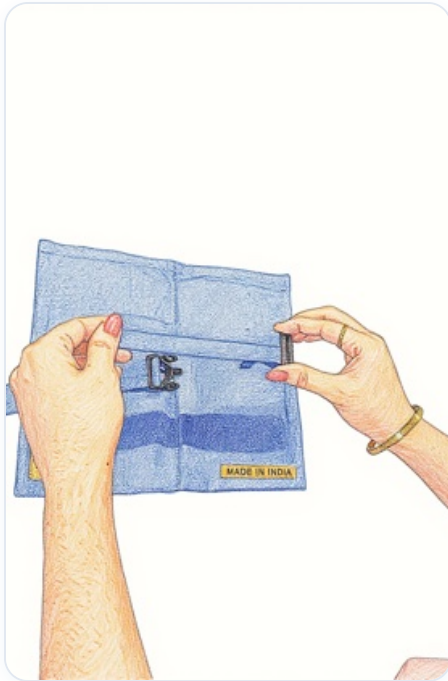


Skin turning red?

Remove immediately and let skin cool.

Installation Guide

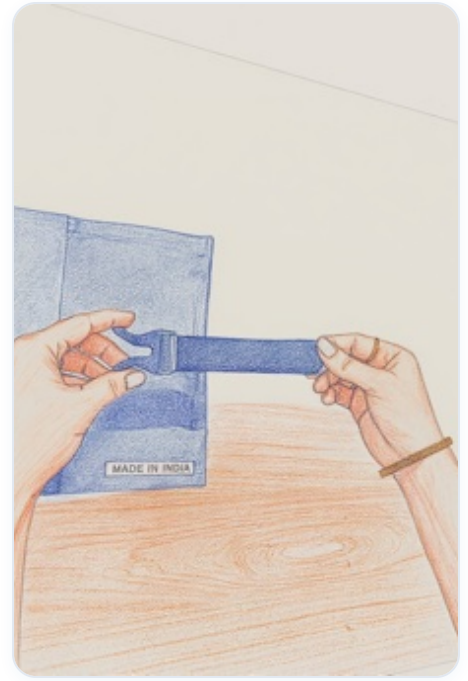
— BUCKLE INSTALLATION



1 Insert strap into first buckle slot



2 Thread through second buckle slot



3 Pull strap firm. Repeat for second buckle.

— ADJUSTABLE CLASP INSTALLATION



1 Feed strap through the clasp opening



2 Snap the clasp to secure the strap



3 Secured and ready to use

Application Examples

To use the 2 pack / 3 pack as a 1 pack just place one pack in the pouch and overlap the strap to fasten



SHOULDER



UPPER ARM



WRIST



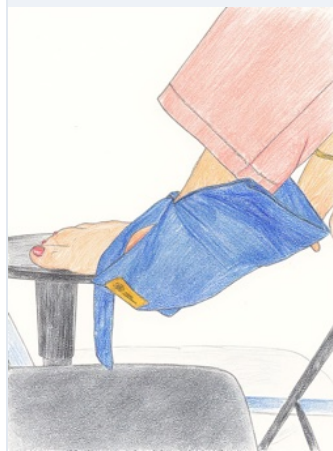
KNEE



LOWER BACK



NECK



ANKLE



LEG