



**Cold n' Hot® Donut®**  
roll-on compression sleeve

## Introduction

- Roll-on polyurethane pack is easy to apply without straps
- Provides long lasting hot or cold compression treatment
- Pack remains flexible and soft
  - Won't freeze
- Reusable, Latex free, Non Toxic



## Instructions for use

### *Cooling the compression sleeve*

#### Freezer or refrigerator chilling method

Store the cold / hot compression sleeve in freezer or refrigerator for two or more hours prior to use. Remove and gently knead to soften pack prior to use.

### *Heating the compression sleeve*

#### Hot water heating method

Heat 3 quarts of water, place pack in water, heat to desired temperature. Remove and dry before use.

#### Microwave heating method

Lay cold / hot compression sleeve flat in center of microwave and spread gel evenly. Heat on DEFROST for 1 minute, remove knead and test temperature. If required, the cold / hot compression sleeve may be heated on DEFROST for intervals of 20 additional seconds. Knead and test temperature before use. Let cool if the cold / hot compression sleeve feels too hot. Warning: Do not heat on high as overheating may occur. Do not heat finger pack in microwave.

### *Application*

Place insulating gauze liner or equivalent over limb or treatment area. Gently roll the cold / hot compression sleeve over the limb to the desired position. Remove pack after 20 minutes or sooner if it becomes uncomfortable. Wait 20 minutes prior to second application if required.

### *Storage and handling*

In order to ensure that your cold / hot compression sleeve continues to exhibit high performance and to prolong its usable life, the cold / hot compression sleeve should be stored in the freezer or refrigerator. Normal product life is about one year. If you plan to have your cold / hot compression sleeve out of the freezer for an extended period of time (several days), place it in a heavy duty zip-lock type freezer bag. Squeeze out air and seal closed.

# **Cold n' Hot® Donut®** roll-on compression sleeve

<b>finger</b>	fits finger circumference 1 inch (2.5 cm)	11-1530
<b>small</b>	fits arm or leg circumference 4 to 10 inch (10.2 to 25.4)	11-1531
<b>medium</b>	fits arm or leg circumference 10 to 15 inch (25.4 to 36.1)	11-1532
<b>large</b>	fits arm or leg circumference 15 to 21 inch (36.1 to 53.3)	11-1533
<b>x-large</b>	fits arm or leg circumference 21 to 28 inch (53.3 to 71.1)	11-1534



## WARNINGS

**Never place pack directly on bare skin.**

When not in use, store cold / hot compression sleeve in original foil bag or zip-lock bag. Keep in refrigerator or freezer when not in use.

Individuals with circulatory problems should not use cold/hot compression sleeves unless under the direct supervision of a physician. Never place a cold/hot compression sleeve in direct contact with skin. Always use the enclosed insulating sleeve between the cold / hot compression sleeve and the skin to prevent frostbite or burns. Do not exceed 20 minutes for cold applications. Wait 20 minutes prior to second application. Insure the cold / hot compression sleeve is sized correctly and does not fit too tightly, which can restrict circulation. Two fingers should easily slide between pack and treatment area. Inspect pack for leaks prior to use. Discard if leaks are found. Keep out of reach of children. Cold / hot compression sleeve is for external use only. Suggested action for contact with gel inside of pack: Thoroughly flush area with water & mild soap. If swallowed call doctor or poison control center. Never apply a cold / hot compression sleeve that is too tight.

**Gel Ingredients:** Water, Propylene Glycol, Thickener FD&C Blue #3.



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