Instructions / Precautions

To prepare HotPac™ for First Use Only:
• Place HotPac in a large pan. Enameled or stainless steel is recommended, as some aluminum pans discolor.
• Cover pack completely with tap water and soak for 2 hours.
• This soaking procedure is only required with a new HotPac.

To heat HotPac for Clinical use:
• Place HotPac in a Hydrocollator® Heating Unit. (Completely cover with water.)

To heat HotPac for Home use:

Stovetop:
• Place HotPac in a large pan. (Enameled or stainless steel is recommended, as some aluminum pans discolor.)
• Completely cover HotPac with water and increase temperature until water temperature reaches 160° F (71° C).
• The HotPac should remain in the 160° F (71° C) water for 20 minutes before it is ready to be used for treatment.

Microwave:
• Place HotPac in a microwave safe container and cover completely with water.
• Place container in microwave and heat at full power until water temperature reaches 160° F (71° C).

Application:
• Carefully remove HotPac from water using tabs.
• Place HotPac in a Hydrocollator Terry Cover (purchased separately) with several layers of dry terry toweling between HotPac and skin.
• The steam from the HotPac will penetrate the layers of toweling.
• To vary the heat intensity, increase or decrease the number of toweling layers.

To Store HotPac Between Uses:

For Frequent, Regular Use:
• Keep HotPac in a covered pan of water. Reheat to 160° F (71° C) water temperature when needed.

For Infrequent Use:
• Place HotPac in a sealed plastic bag and store in the freezer section of the refrigerator.
• To reheat frozen HotPac, remove from plastic bag and follow heating instructions.

CAUTION:
• Treatment time should not exceed 30 minutes.
• Constantly monitor HotPac application to ensure that the skin is not becoming too hot.
• Damage to skin can occur from exposure to extreme heat or cold. Note above instructions for proper use.
• Do not apply over insensitive skin or in the presence of poor circulation.
• Never lay or sit on top of the HotPac.
• Do not use HotPac directly over cuts, abrasions or wounds.
• Consult health care professional before using HotPac on non-communicative individuals.
• Exercise extreme caution when using HotPac on non-communicative individuals.

WARNING:
• Do not apply HotPac directly to skin.
• Individuals with circulatory problems should consult with a physician before using this product.
• Do not sit or lie on the HotPac.
• Do not add chlorine additive to water.