

ThermaCare®

HEATWRAPS

Intended purpose:

Effective and targeted relief of muscle and/or joint pains associated with:

- overexertion
- strains and sprains
- arthritis
- muscle tension.

Suitable for those suffering from acute, chronic and occasional pain.

The product is intended for self-sufficient patient population above 12 years of age. Refer to warnings for limitations of use.

Instructions for use:

- Tear open pouch when ready to use.
 - Do not cut the wrap.
 - Peel away paper to reveal adhesive side.
 - Place over pain area with adhesive side against skin. Refer to **Do not use** section for areas where not to apply.
 - It may take up to 30 minutes for ThermaCare® to reach its therapeutic temperature.
 - Remove the product after 8 hours.
- The duration of treatment should not exceed 7 consecutive days.

Special warnings and precautions for use

This product can cause burns/blisters. Check skin frequently during use. If you find irritation or a burn, remove product immediately.

For users that are not self-sufficient, or for users aged 12-18: supervision by a caregiver is required.

55 or older: Your risk of burning increases as you age. If you are 55 years of age or older, do not wear ThermaCare® while sleeping.

Consult your healthcare professional before use if you have diabetes, poor circulation, heart disease, rheumatoid arthritis, or are pregnant.

Stop use and consult a doctor if you experience any discomfort, burning, swelling, rash, or other changes in your skin that persist where the wrap is worn; if after 7 days your pain gets worse or remains unchanged.

Each heat cell contains iron (~2 grams):

- If ingested please seek professional assistance immediately;
- If it comes in contact with your skin or eyes,

remove wrap, rinse affected area with water and seek professional assistance immediately;

- if the wrap is damaged or torn during use, remove the product.

Keep out of reach of children and pets.

Never heat product in a microwave or attempt to reheat, as wrap could catch fire.

Do not use:

- If heat cell contents leak and/or wrap is damaged or torn or if packaging is damaged
- With topical preparations
- On unhealthy, damaged or broken skin
- On areas of bruising or swelling that have occurred in the last 48 hours
- On people unable to follow all use instructions or unable to remove the product
- With other forms of heat
- Under 12 years of age
- On areas of the body different from back, neck, shoulders and wrist.

When using this product:

Do not use more than 8 hours in a 24-hour period.

Do not apply wrap too tightly and do not overlap the heat cells.

Do not place extra pressure over the product such as leaning against hard surfaces or wearing under tight clothing. If product feels too hot, stop use or wear over a layer of clothing, not directly against your skin.

To avoid increased risk of burns, remove product before undergoing any MRI (magnetic resonance imaging) procedures.

Keep the heatwrap dry.

Consult the section **Instruction for use**.

In case of any serious incident that occurs in relation to the product, report to the Manufacturer, the Authorised Representative and to the local Authority.

At the end of use, dispose the product once it has exhausted its heating function, in accordance with local regulations of domestic waste collection, avoiding the dispersion of its contents in the environment.

This product does not require any special storage conditions.



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