



**THUASNE**

## Instructions For Use

Carefully read all instructions prior to use. Observe all instructions and warnings documented here. Failure to do so may result in bodily injury, product damage, or both.

### Cold Therapy

Intended Uses: Relief of swelling/inflammation/edema following muscle spasms, sprains, strains, trauma, and acute pain.

DO NOT USE on open wounds, skin which has poor sensation, areas of the body with poor circulation, hypersensitivity to cold or if diabetic.

#### Directions:

Place pack flat in freezer for at least 2 hours. Remove from freezer and place onto desired location. Apply Q°thermo pack for no more than 20 minutes at a time with a minimum of 20 minutes between uses, or as recommended by your healthcare provider.

To keep pack cold and ready to use store flat in freezer between uses.

### Heat Therapy

Intended Uses: Relief of muscle spasms, muscle stiffness, joint stiffness, and chronic pain.

DO NOT USE on new injuries, open wounds, skin which has poor sensation, areas of the body with poor circulation, presence of infection, active bleeding, burns, localized malignant tumor, edema, skin disorders or if diabetic.

#### Directions:

Prior to use, verify that Q°thermo pack is free of holes or other material defects to help ensure that contents do not leak.

Place Q°thermo pack flat in microwave oven (never place Q°thermo accessories in microwave).

Microwave on high power for 30 seconds, then at 10 second intervals until desired temperature is reached. Knead Q°thermo pack between each interval and after total heating time to evenly distribute heat. Do not exceed 1 minute of total heating time.

Apply Q°thermo pack for no more than 20 minutes at a time with a minimum of 20 minutes between uses, or as recommended by your healthcare provider.

Carefully check temperature of pack with palm of hand prior to application.

Pack can be stored at room temperature or in freezer between uses.

## Cleaning Instructions

Use damp cloth to wipe pack clean. If heavily soiled, pack should be discarded and replaced. To help prevent soiling, pack may be stored in plastic bag when not in use.

#### Warnings:

Use extreme care when heating and removing pack from microwave; overheating pack may cause pack to rupture and/or leak. Do not microwave more than 30 seconds at one time and never exceed 1 minute of total heating time.

Do not use if pack is damaged and/or contents are leaking.

Do not ingest contents.

Only use while awake; applied heat that is either too hot or applied for too long can cause burns.

Do not use on infants.

Do not use for purposes other than intended per these instructions.

L-0045 Rev. E 2015.05.04

(((SLEEQ)))  
compatible



ComfoWrap™ AnchorTabs™  
(included)

**IMPORTANT:** Never place Q°thermo accessories or SLEEQ brace in microwave.

## Using Q°thermo with SLEEQ Spinal Therapy System



Attach two ComfoWrap AnchorTabs™ to black side of Q°thermo pack



Proper placement of AnchorTabs™



Position Q°thermo on inside back panel of SLEEQ brace