

# Hot 'n' Cold

## Multipurpose Pack - PHC 200

Thank you for purchasing the PROTON Hot'n'Cold Eye Pad.

### INSTRUCTIONS FOR USE

Please read the entire content in this leaflet carefully before using the product.

Proton Hot'n'Cold Multipurpose Pack provides relaxation from various pains, aches and muscular strains.

The soft, durable, portable and economical Multipurpose Pack provides a safe and drug free treatment for home and leisure use.

### PRECAUTIONS

Wipe the area over which the Multipurpose Pack needs to be placed, to remove any oil, cosmetics, dirt, etc.

People with circulatory disorders and any pre-existing medical conditions, should use the Multipurpose Pack only after consulting a doctor.

It is advisable to use the protective cover provided or a thin towel to avoid burns or frostbites.

The Multipurpose Pack could get damaged or punctured by overheating or if extra pressure is applied on the pack. If the gel leaks and cause scalds, seek medical advice.

Discard the Multipurpose Pack if it is damaged or punctured.

Do not heat in a conventional oven or grill.

The Multipurpose Pack contains non-toxic gel filling. However, if the contents come in contact with the skin, clothing or other fabrics, wash with water and a mild soap.

For external use only.

### COLD THERAPY

Cold therapy provides instant relief from pain caused due to any injury and is also used effectively for a cool soothing effect. Cold applications help reduce swelling and pain.

Place the Proton Multipurpose Pack (without the protective cover) in a freezer or the ice compartment of a refrigerator, for at least two hours. (The Multipurpose Pack may be stored in the above manner for immediate use anytime.)

Wipe the area over which the Multipurpose Pack needs to be placed, to remove any oil, cosmetics, dirt, etc.

Place the Multipurpose Pack gently over the area of application to obtain comfort. Take away the Multipurpose Pack if it feels uncomfortable.

Place the Multipurpose Pack into the protective cover provided or a thin towel before use, if required.

### HOT THERAPY

Heat therapy aids healing process and helps to increase blood circulation around the affected area, thus providing comfort and warmth.

**Attention: If you are not sure which treatment to use, seek advice from your doctor.**

### Heating by hot water

Soak the Proton Multipurpose Pack in boiling water (away from direct flame) for at least 5 minutes.

Remove from the boiling water and wipe it dry. Check the temperature of the Multipurpose Pack by placing it on the back of your hand before use.

Wipe the area over which the Multipurpose Pack needs to be placed, to remove any oil, cosmetics, dirt, etc.

Place the Multipurpose Pack gently over the area of application to obtain comfort. Take away the Multipurpose Pack if it feels uncomfortable.

Place the Multipurpose Pack into the protective cover provided or a thin towel before use, if required.

### Heating by microwave

Proton Multipurpose Pack may be heated in a microwave. Heating time will vary depending on the

Place the Multipurpose Pack in a microwave safe container and fill with water until the pack is completely immersed.

To determine heating time, heat the Multipurpose Pack repeatedly for 30 second intervals until the required temperature is achieved.

Remove the Multipurpose Pack carefully from the water and check the temperature of the pack by placing it on the back of your hand before use.

Wipe the area over which the Multipurpose Pack needs to be placed, to remove any oil, cosmetics, dirt, etc.

Place the Multipurpose Pack gently over the area of application to obtain comfort. Take away the Multipurpose Pack if it feels uncomfortable.

Place the Multipurpose Pack into the protective cover provided or a thin towel before use, if needed.

If required, the Multipurpose Pack can be heated again and re-used.

### CONTENTS OF THE PACK

1 unit of Proton Hot'n'Cold Multipurpose Pack, 1 protective cover and an instructions leaflet.

### MAINTENANCE & CARE OF PACK

The PROTON Hot'n'Cold Multipurpose Pack is reusable. It can be washed with mild detergent after every use to remove any grease, sweat or dirt particles.

**PROTON Healthcare Ltd., U.S.A.** has a complete range of Hot'n'Cold therapy health products. They come in various shapes and designs to suit your specific requirements. Kindly ask your local PROTON products stockist for more details or visit [www.protonhealthcare.com](http://www.protonhealthcare.com) or write to [info@protonhealthcare.com](mailto:info@protonhealthcare.com)