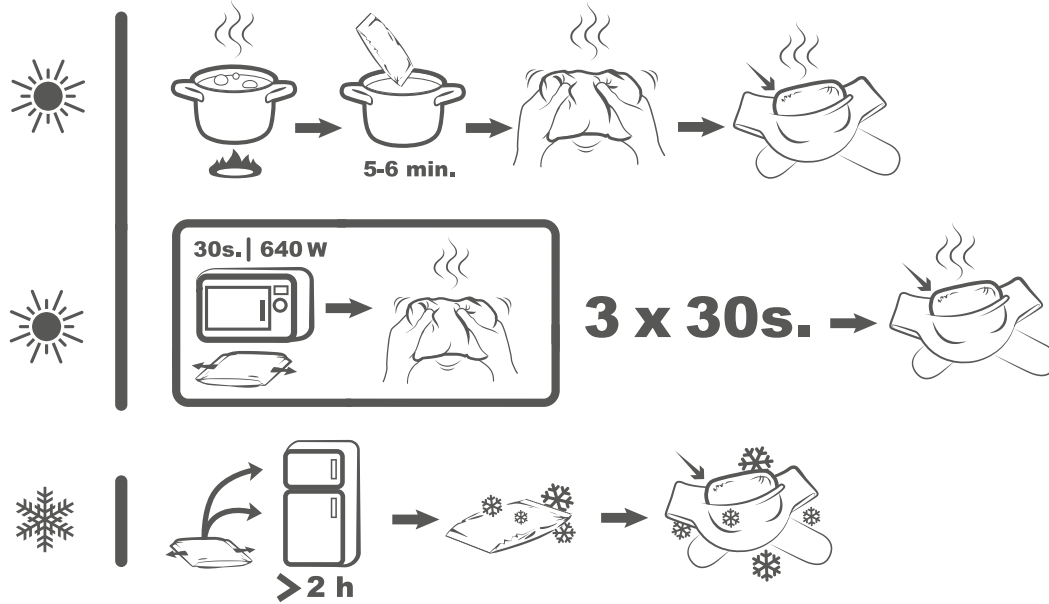


# Nexcare™

## ColdHot™

### BACK & ABDOMEN BELT



**GB** Reusable cold and hot gel compress

#### Natural therapeutic power of cold and heat



##### Cold therapy

Cold helps to reduce swelling, inflammation and pain.

**General treatment:** acute injuries (bruises, sprains, minor bumps), chronic pain from musculoskeletal injury, swelling or to bring fever down.

##### When to use ColdHot™ Back and Abdomen Belt

- Swelling and inflammation in the back area

##### Preparation – cold

###### Refrigerator or freezer

Store the gel compress in the refrigerator or freezer so it is always ready to use.

Apply for no longer than 20 minutes. Then wait another 20 minutes before reapplying the cold compress again.



##### Hot therapy

Heat helps to reduce muscle spasm and to decrease pain, soothes and relaxes.

**General treatment:** chronic musculoskeletal pain (without acute inflammation), muscle tension, back pain, period pain, arthritis/rheumatoid arthritis.

##### When to use ColdHot™ Back and Abdomen Belt

- Lower back pain eg. during pregnancy
- Period pain
- Stomach ache/cramps

##### Preparation – hot\*\*

###### Hot water

Immerse the pack into just boiled water (taken off the heat) for 5 to 6 minutes.

###### Microwave

Lay pack flat in microwave set to 640W and heat 3x for 30 sec. After each heating knead pack to distribute heat evenly.

Apply to the affected area for as long as is comfortable. Re-warm pack once it reaches room temperature.

The Nexcare™ ColdHot™ Back and Abdomen Belt compress can be used cold or hot and is an excellent solution for those who prefer natural, drug-free therapy.

The high performance belt cover allows quick and comfortable application to the back or abdomen aching area. It includes Thinsulate™ fabric that helps to retain constant temperature of the compress for longer.

The blue gel is non-toxic and safe for the whole family. It is also 99% biodegradable\* which makes the product now more environmentally friendly.

##### Caution

- For external use only.
- Never use the plastic pack directly on the skin. Use the provided cover or wrap in a clean cloth.
- Do not sit or lean on the gel pack or apply excessive pressure as it may cause the pack to rupture and/or leak.
- Do not use while sleeping.
- Do not use on broken or sensitive skin.
- People with known or suspected nerve or circulatory problems should not use this product unless prescribed by a physician.
- Pregnant women should consult a midwife or gynecologist for advice before use.
- Care must be taken to avoid frostbite and superficial nerve injury.
- Heat may be sufficiently analgesic to produce local burns.
- Supervise use by children or people with cognitive disabilities.
- Stop application in case of any discomfort.
- If condition persists, seek medical advice.

##### Warning

- \*\*Never heat the packs when folded or creased. Leakage may result.
- Be careful when removing hot pack with bare hands from water/microwave.
- If pack is too hot, wait for it to cool down before applying to body.
- Packs will be damaged by over heating.
- Do not heat in an oven or grill.
- For unknown microwave oven power, please use the lowest power setting (defrost setting) and warm up the product in 30 seconds steps.

##### Gel pack care instructions

The Comfort pack can be washed by hand in a mild detergent. Do not use alcohol or other solvents to clean the pack.

##### Disposal

Disposal of product in regular household waste.

\* 99% of active ingredients, per 84/449/EEC.