

Thermionics™
BRAND

ADVANCED

THERMIPAQ®

Therapeutic
Hot & Cold Pad
for soothing pain relief

Instructions for Use

IMPORTANT: Please read both pages and follow all instructions carefully and save for future reference.



Thank you for purchasing the
ThermiPaq Hot & Cold Pad.

Thank you for purchasing the ThermiPaq Hot & Cold Pad. What makes ThermiPaq superior is our patented Theramics compound made from all-natural, clay-based materials. This revolutionary compound capitalizes on the efficiency of radiant energy to create deep penetrating, therapeutic, pain relief.

The following instructions are designed to help you experience the highest levels of therapeutic heat and cold relief. Please read and follow them carefully.

NOTE: The only time the ThermiPaq pad and cloth cover should be separated is when the cover is being laundered.

Heat Therapy

1. Before heating, ThermiPaq should be at room temperature. To warm a pad that has been stored in a freezer, place it in the microwave at the DEFROST setting (or a 30% power level) for double the amount of time indicated below. Allow pad to sit for five minutes and then follow normal heating instructions below.

6" X 12" ThermiPaq	9.5" X 16" ThermiPaq
600 watt: 1 minute, 30 seconds	600 watt: 2 minutes, 30 seconds
800 watt: 1 minute, 15 seconds	800 watt: 2 minutes
1000 watt: 1 minute	1000 watt: 1 minute, 30 seconds

2. Place pad in its cloth cover, fold in half and place in center of microwave oven.

3. Find the power rating of your microwave on the chart below. Set the power to HIGH for the time indicated. If your microwave does not have a turntable, rotate the pad 180 degrees halfway through the heating time.

See page 2 for more helpful instructions.



IMPORTANT: Do not exceed heating times. Overheating will damage pad and void the warranty. If any swelling of pad is observed while heating, immediately turn the microwave off. Wait for swelling to go down before opening the door.

4. Apply ThermiPaq to the area you wish to treat.

CAUTION: Misuse can cause burns. Do not apply the inner pad directly to skin. Always use cloth cover. Carefully read instructions on the back page.

5. Conventional electric heating pads have low, medium and high settings. Following the heating instructions as indicated in step #3 will heat ThermiPaq to the equivalent of a low setting.

IMPORTANT: Due to its radiant energy, ThermiPaq will normally continue heating for up to 3 minutes after you remove it from the microwave. If a hotter temperature is desired after 3 minutes have elapsed, heat pad in the microwave for 15 seconds at a high setting and test it again. Repeat this process until the desired temperature is reached.

6. Therapeutic-level heat will last for 20-30 minutes and then remain at a comfort level for an additional hour. To reheat ThermiPaq after 30 minutes of use, follow the previous instructions but reduce the microwave heat time by half.

Moist Heat

If moist heat is desired, wet the outer cover or place a damp washcloth, sponge or chamois inside the cover after you have heated the pad.

Cold Therapy

1. Place ThermiPaq pad in its cloth cover and place in the freezer. After one hour it will reach the ideal therapeutic cold temperature and still remain flexible enough to form to the body.

2. Therapeutic-level cold will last for 20-30 minutes and then remain at a comfort level for an additional hour.

Storage

ThermiPaq should be stored in a dry place when not in use. It may be stored in the freezer so it is ready to use as a first aid treatment. Some separation may occur between the solids and emollients. If this happens, gently knead the pad.

Washing Instructions

Remove the inner pad containing the clay-based material. The cloth cover may then be machine or hand washed in cold water with mild detergent. Tumble dry.



NOTE: As a condition of sale, the purchaser assumes responsibility for proper care and use of this product in accordance with our printed instructions. The purchaser or user must be the judge of when to use the product and for how long.

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Warranty

Misuse or abuse may damage or destroy this product. Read and follow all instructions carefully.

ThermiPaq is guaranteed for a period of one year from the date of purchase against failure of the inner pad or the patented Thermionics compound. Warranty is void if unit has not been used according to printed instructions, or if pad is broken or shows evidence of overheating. If failure should occur, return the defective pad with proof of purchase to:

Thermionics Corporation
3501 South Sixth Street
Springfield, IL 62703

ThermiPaq will be replaced at no cost during the warranty period.

If you have any questions or comments, call Thermionics Corp. at 800-800-5728.

CAUTION

- Follow instructions carefully. Misuse can cause burns.
- Do not heat this product with any other means than a microwave.
- Do not apply the inner pad directly to the skin. Always use the cloth cover.
- Test the temperature before using by applying the ThermiPaq pad to sensitive skin, such as the underside of the wrist.
- Do not overheat. Overheating in the microwave can damage or destroy the product. Overheating will void your warranty.
- If overheated, check the pad for damage. If there is any sign of damage on the pad or cover, do not use the product and discard it immediately.
- Do not use while sleeping or on an unconscious person. Do not allow children to use or heat this product unless under close adult supervision.
- This product will produce moisture. Do not use while it is resting against furniture, etc., as the pad transfers moisture and will make the surface wet.

See page 1 for product use instructions.

- Do not wet or wash the pad. The cover can be machine or hand washed after removing the pad. The pad can be surfaced washed with mild soap and water. (Allow sufficient time for the pad to fully dry before use.)
- Be cautious when using on people whose skin may be less sensitive to temperature extremes, such as infants, young children or older persons.
- Persons with diabetes, circulatory problems, nerve damage, paralysis or insensitive skin should use only as directed by a physician.
- Consult your doctor before treating any serious injury or if pain persists.
- Do not use ThermiPaq in conjunction with liniments, balms or lotions.

The Healing Process

When the body is injured, it responds with a series of repair functions. One of these functions includes an increase of blood flow to the affected area. While this is part of the natural healing process, it can sometimes lead to inflammation that results in swelling and pain. Applying the appropriate use of hot and cold therapies can help bring relief to these discomforts.

In most instances, doctors suggest a combination of four basic methods for a speedy recovery – a technique they refer to as **R.I.C.E.** (rest, ice, compression and elevation). For the "ice" part of the equation, applying cold immediately after injury can reduce both pain and inflammation. Continue with cold applications until the swelling has gone down, which typically takes a few days.

After the swelling subsides, you can then begin applying heat to increase blood flow into the injured area. This improved circulation aids in expediting the healing process and improving flexibility.

In order for an injury to heal properly, you should immobilize the injured area for 3 to 6 days. Using the injured body part too early can cause further damage and prolong recovery.

Heat Therapy vs. Cold Therapy

The type of therapy you need depends on the type of injury you have incurred. It is important to determine the appropriate therapy as using the wrong treatment can actually cause additional harm.

Heat Therapy Applications

Heat brings increased blood circulation to an affected area. This helps to relax tight muscles and restore flexibility in a wide variety of ailments such as:

- Muscle pain/soreness
- Muscle spasms/cramps
- Arthritis
- Chronic neck or back stiffness
- Menstrual cramps

Cold Therapy Applications

Cold decreases blood circulation to an affected area. This helps to reduce the swelling and pain caused by inflammation and relieves the discomforts often associated with:

- Joint/muscle injuries
- Back/neck pain
- Arthritis
- Sinus/stress headaches
- Post-surgical pain
- Sunburn/other burns

If you are unsure which therapy to use, consult your physician for the proper treatment method.

Thermionics™

Thermionics Corporation, Springfield, IL 62703 • 800-800-5728

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