

POLAR PAD FITTING INSTRUCTIONS

for Patients and Medical Professionals

Sterile R

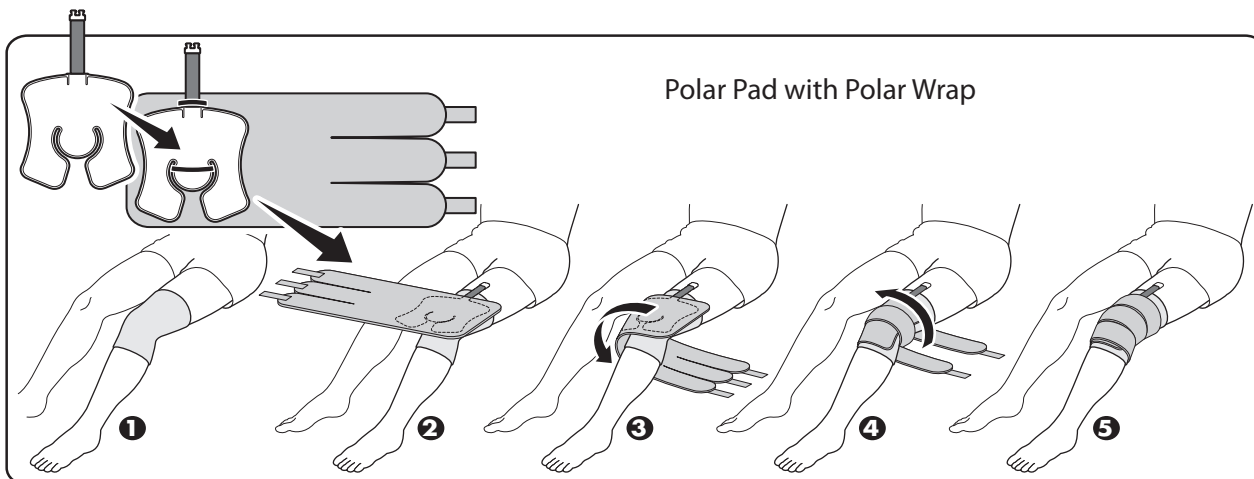
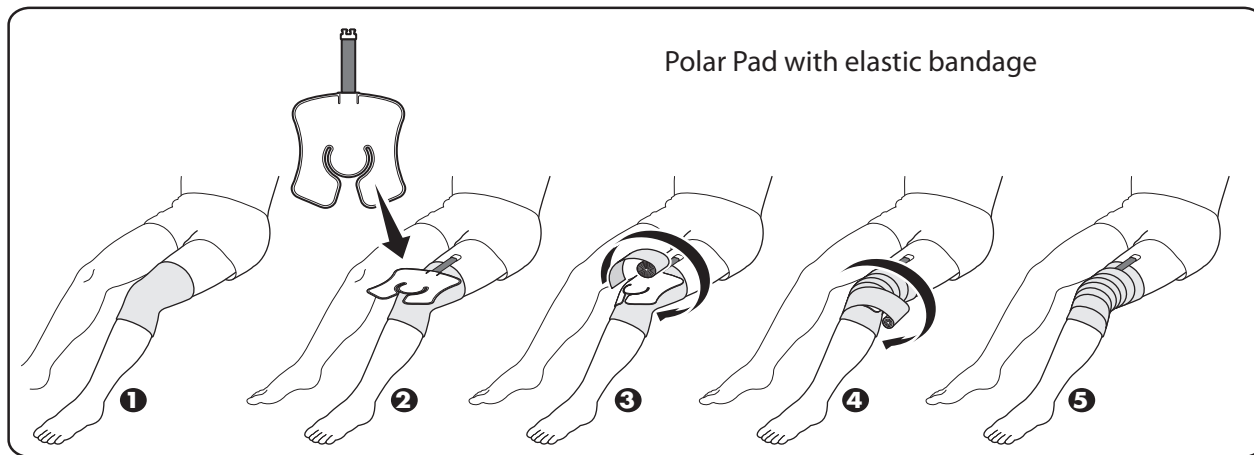
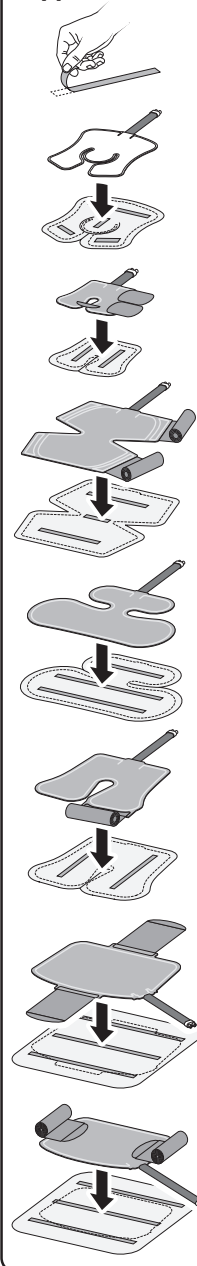
⚠ WARNING

The Polar Pad can be cold enough to seriously injure the skin. The Polar Pad is sterile unless the package is opened, damaged or broken, and is for single patient use only. Do not attempt to re-sterilize the Pad. Follow these instructions and the Operating Instructions and Product Inserts provided with the Polar Care continuous-flow cold therapy units (available at www.breg.com or 1-800-321-0607).



1. **Discuss treatment with your licensed health care practitioner.** Provide a complete medical history including any reactions to cold. Certain medical conditions make cold-induced injury more likely. Ask your practitioner about potential adverse reactions and cold-induced injuries.
2. **Use only according to your practitioner's instructions** regarding the frequency and duration of cold application and breaks, proper temperature, how and when to inspect the skin, and total length of treatment. Federal law restricts this device to sale by or on the order of a licensed health care practitioner.
3. **Apply an insulation barrier** (such as BREG Polar Dressing, Webril, Kerlix, cast padding, elastic bandage) that provides complete coverage between the Polar Pad and skin. **Do not let any part of the Pad touch skin.** If a sterile dressing has been applied to the treatment site that does not completely cover the skin under the pad, use an additional insulation barrier. The Pad alone is too cold to be applied directly to the skin.
4. **Apply the Polar Pad** with the plastic channeled side towards the skin. Refer to the graphics below and on the reverse side.
⚠ Do not wrap pad so tightly as to restrict normal circulation, as this can cause injury.
5. **Connect the Polar Pad** couplings to the Polar Care unit couplings.
6. **Follow the Polar Care Operating Instructions and Product Insert** inside the pouch; both are affixed to the unit.
7. **Inspect the skin** under the Polar Pad (by lifting the edge) as prescribed, typically every 1 to 2 hours. Do not use the Polar Care if dressing, wrapping, bracing, or casting over the Polar Pad prevents skin checks. Stop using and contact your practitioner immediately if you experience any adverse reactions, such as: increased pain, burning, increased swelling, itching, blisters, increased redness, discoloration, welts, other changes in skin appearance, or any other reaction identified by your practitioner.
8. **To end cold therapy**, disconnect electrical power and press the two metal tabs on the hose coupling and gently pull apart or remove the Polar Pad from your body.

Polar Dressing application:



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