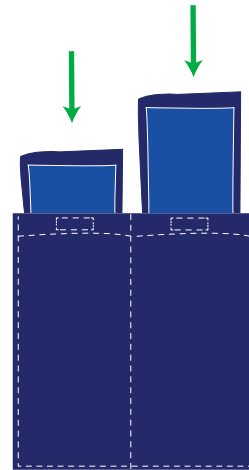




Polar Care® Gel Wrap Hip

Application Instructions

1. Remove wrap and insert gel packs into pockets.
Note: Place gel packs into freezer until frozen.
2. Place wrap over affected hip.
3. Attach with tab and secure shorter strap around the thigh to hold in place.
4. Attach with tab and secure longer strap around the waist.
5. Adjust straps accordingly for comfort.
6. Never apply a frozen or heated pack directly onto the skin.
7. Always follow your physician's or healthcare provider's specific cold therapy treatment.



Cleaning Instructions

Wrap Covers

Hand wash in 30°C (86°F) water with mild soap. Rinse thoroughly and lay flat to air dry. Do not machine wash or tumble dry.

Gel Packs

1. Spot clean the Gel Packs separately.
2. Clean by using a soft cloth or sponge with mild soap and water, rinse thoroughly.
3. Pat dry with a clean towel and allow gel packs to dry completely before refreezing.
4. (Optional) Sanitize: Wipe the surface with diluted vinegar or bleach solution, or disinfecting wipes.

