

# POLAR CARE® GLACIER™

## OPERATING INSTRUCTIONS for Patients and Medical Professionals

### ⚠️ WARNING

**The Polar Care Glacier can be cold enough to seriously injure the skin.** Follow these Operating Instructions, Product Insert (in the pouch on side of unit), and the Polar Pad Fitting Instructions (provided with each Polar Pad).

### Prescription Form

Treatment Period	Awake/Asleep	Frequency/Duration	Inspect Skin Every:
Day:	Awake		
Through			
Day:	Asleep		
Day:	Awake		
Through			
Day:	Asleep		
Day:	Awake		
Through			
Day:	Asleep		

### 1 ⚠️ Discuss Treatment with your Licensed Health Care Practitioner

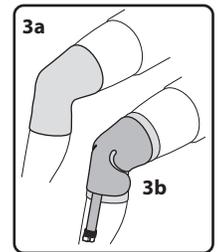
Provide a complete medical history including any reactions to cold. Certain medical conditions make cold-induced injury more likely. Ask your practitioner about potential adverse reactions and cold induced injuries.

### 2 ⚠️ Use Only As Prescribed

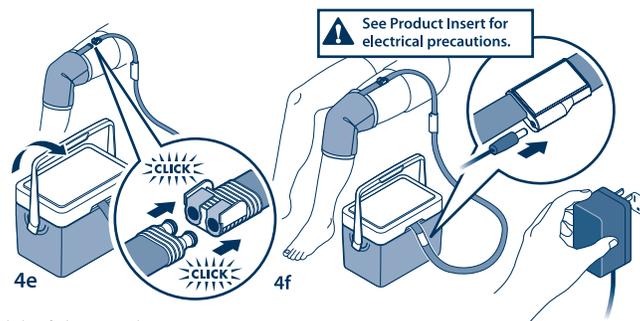
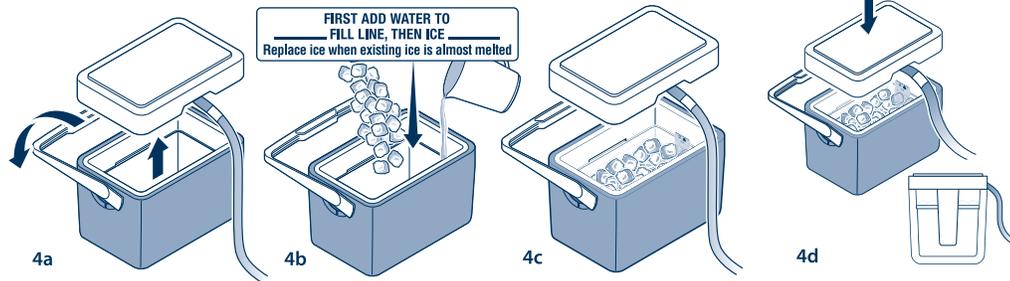
Use only according to your practitioner's instructions regarding the frequency and duration of cold application and breaks, how and when to inspect the skin, and total length of treatment. Federal law restricts this device to sale by or on the order of a licensed health care practitioner.

### 3 ⚠️ Apply Insulation Barrier & Polar Pad

Always use an insulation barrier (such as Breg Polar Dressing, Webril, Kerlix, cast padding or elastic bandage) 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. Use only Breg Polar Pads designed for the body part, sold separately. Other pads may be colder, increasing the risk of skin injury.



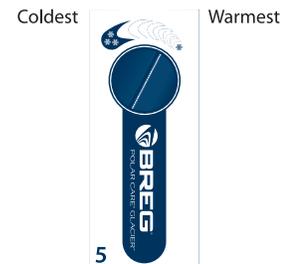
### 4 Set Up Unit



### 5 Adjust Temperature

Set the temperature according to your physician's instructions:

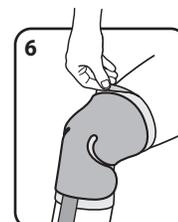
- Unless otherwise directed by your physician, start with the temperature control dial at the coldest setting (pointed left).
- Wait ten minutes for temperature to stabilize after starting and after each adjustment.
- Adjust temperature control dial clockwise (warmer) as needed for patient comfort or as directed by your physician.



### 6 ⚠️ Skin Inspection

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 Glacier 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.



### 7 Ending Session

To stop the pump, disconnect electrical power. To disconnect the Polar Pad from the pump hose, depress the two metal tabs on the hose coupling and gently pull apart.

**Over** ➔

## Your problem is:

- Pump not running
- Water is not flowing to the pad
- Pad is not getting cold

## Possible solutions:

- Make sure the power outlet is working and the plug is fully engaged with the unit.
- Make sure there is plenty of ice left and the water level is at or above the indicated line. Note: water line may not be visible.
- Confirm the pad and unit connectors are fully engaged.
- Ensure there are no kinks in the blue insulation hose or the pad.
- Adjust temperature control dial colder unless otherwise directed by your physician.
- Raise the unit off the ground and place it on a table or chair to reduce back pressure.
- Decrease the tension on any bandages or straps securing the pad.
- Disconnect the pad from the unit, rotate the connection 180°, then reconnect the pad to the unit.
- Remove pad and fill it while the pad is lying flat; then reapply.
- Disconnect pad and place lid upside down on a flat surface. Remove filter cap and rinse filter cap. Remove dime-size foam filter and rub between fingers under running water until free of debris. Reassemble.
- Depress both plus-shaped, black plungers inside the Glacier's connector with a blunt object to release air trapped in the line.

## Your problem is:

- Unit is leaking
- Condensation (**Note:** Some condensation on the lines, and pads is unavoidable, especially in warm, humid climates.

Minimizing air exposure will reduce condensation. To minimize air exposure, wrap an easily removable material over the pad and tubing. To prevent condensation from reaching the wound, use a sterile dressing with a water impermeable barrier. The Breg Polar Dressing is an example of an appropriate insulation barrier as well as a water impermeable barrier).

## Possible solutions:

- If a leak exists (other than condensation on lines) disconnect pad couplings. Make sure the release clips on the couplings are depressed prior to reconnecting the pad to the pump hose. Confirm couplings are securely connected.
- If a leak is detected in the pad, or if leaking continues after the connection between the couplings has been checked, stop using the unit and contact Breg Customer Care at 800-321-0607.

## Other Notes:

- Allow the unit to run for 10 minutes to achieve stable flow and pad pressure.
- Use cube or chunked ice for optimal performance.
- Never run pump without water, as this will cause permanent damage to your unit.
- If you are unable to resolve the problem, please contact Breg Customer Care at 800-321-0607.



Scan QR code for Breg's  
Glacier instructional video.

[breg.com/PCG](http://breg.com/PCG)



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