

# POLAR CARE® 300

## OPERATING INSTRUCTIONS for Patients and Medical Professionals

### ⚠ WARNING

**The Polar Care 300 can be cold enough to seriously injure the skin.**

Follow these Operating Instructions, Product Insert (in the pouch on side of unit), and the Fitting Instructions (provided with each Polar Pad).

#### 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.

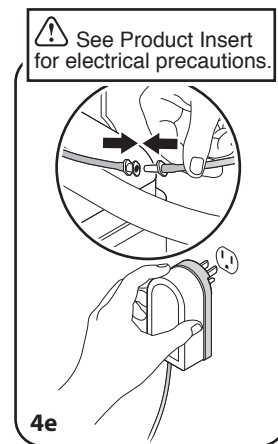
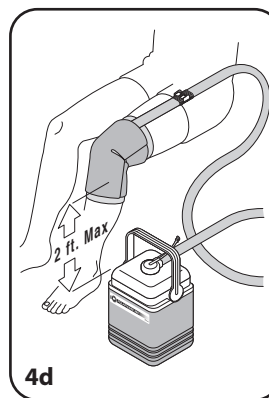
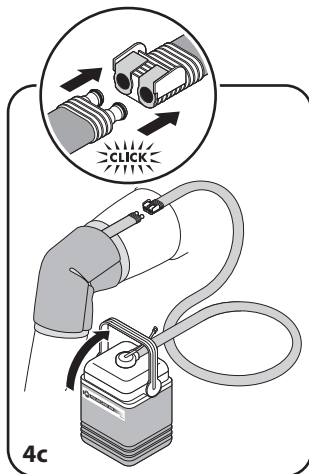
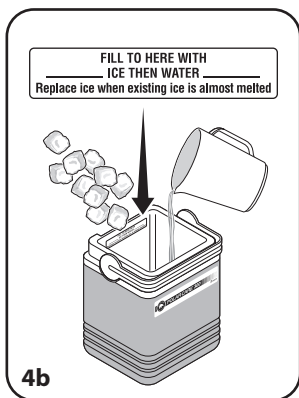
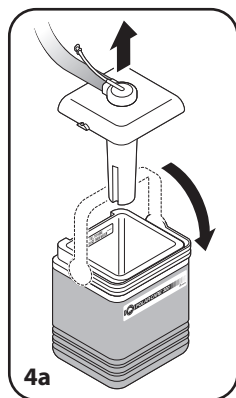
#### 2 ⚠ Use Only As Prescribed

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, 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 with BREG Polar Pads, sold separately. Other pads may be colder, increasing the risk of skin injury.

#### 4 Set Up Unit



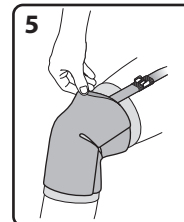
#### 5 ⚠ Skin Inspection

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 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.

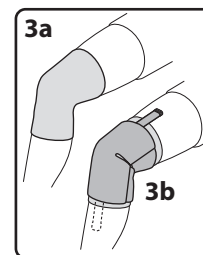
#### 6 Ending Session

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.



### 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		



Over ➡

# **POLAR CARE® 300** Trouble Shooting Guide

## **Your problem is:**

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

## **Possible solutions:**

- 1 Confirm that the air pump is plugged into the wall outlet.
- 2 Make sure you can hear or feel air coming out of the blue air tubes.
- 3 Ensure that the blue air tube is properly attached to the unit.
- 4 Confirm that ice and water are filled to the indicated level.  
**Note:** When using larger pads, you may need to add more water to the unit.
- 5 Check to confirm there are no kinks in the pad.
- 6 Gently pull on the pad tubing to make sure the tube/pad junction is straight.
- 7 Reverse the flow in the pad by disconnecting the coupling and rotating the connection by 180°, then reconnect.
- 8 Remove and fill the pad while pad is flat, then reapply to the patient.
- 9 Confirm that the unit is placed at the same height as the pad (or no more than two feet below).
- 10 Confirm that the pad couplings are securely attached to the unit.
- 11 Check the pressure valve on the side of the pump for foreign objects.

## **Your problem is:**

- Unit is leaking

**Note:** Some condensation on the lines, controller and pads is unavoidable, especially in warm, humid climates.

## **Possible solutions:**

- 1 If a leak exists (other than condensation on the lines) disconnect the pad couplings. Make sure that the release clips on the couplings are depressed prior to reconnecting the pad to the pump hose; then confirm both sides of the coupling are properly clicked in.

## **Your problem is:**

- Excessive noise

## **Possible solutions:**

- 1 Check the wall outlet. A loose wall outlet can cause a noisy vibration.
- 2 Make sure the air hose is not resting against the wall.
- 3 To minimize noise, you can attach the air pump to an extension cord.
- 4 Avoid plugging in the air pump close to the patient's head.

## **Other Notes:**

- Allow 10 minutes to achieve a stable flow and pad pressure.
- Use cubed or chunked ice for optimal performance.
- When using crushed or shaved ice, fill the unit full of ice and then fill with water to the fill line.
- To ensure proper pressure in the pad, make sure the unit is at, or no more than 2 feet below, the pad's height.



BREG Inc.  
Vista, CA 92081 U.S.A.  
Telephone (800) 321-0607  
(760) 599-3000  
Telefax (800) 329-2734