

POLAR CARE® 500

OPERATING INSTRUCTIONS for Patients and Medical Professionals

⚠ WARNING

The Polar Care 500 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

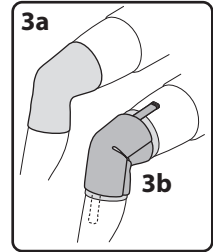
Provide a complete medical history including any reactions to cold. Certain medical conditions make cold-induced injury more likely. Ask your practitioner about potential adverse reactions and cold induced injuries.

2 ⚠ Use Only As Prescribed

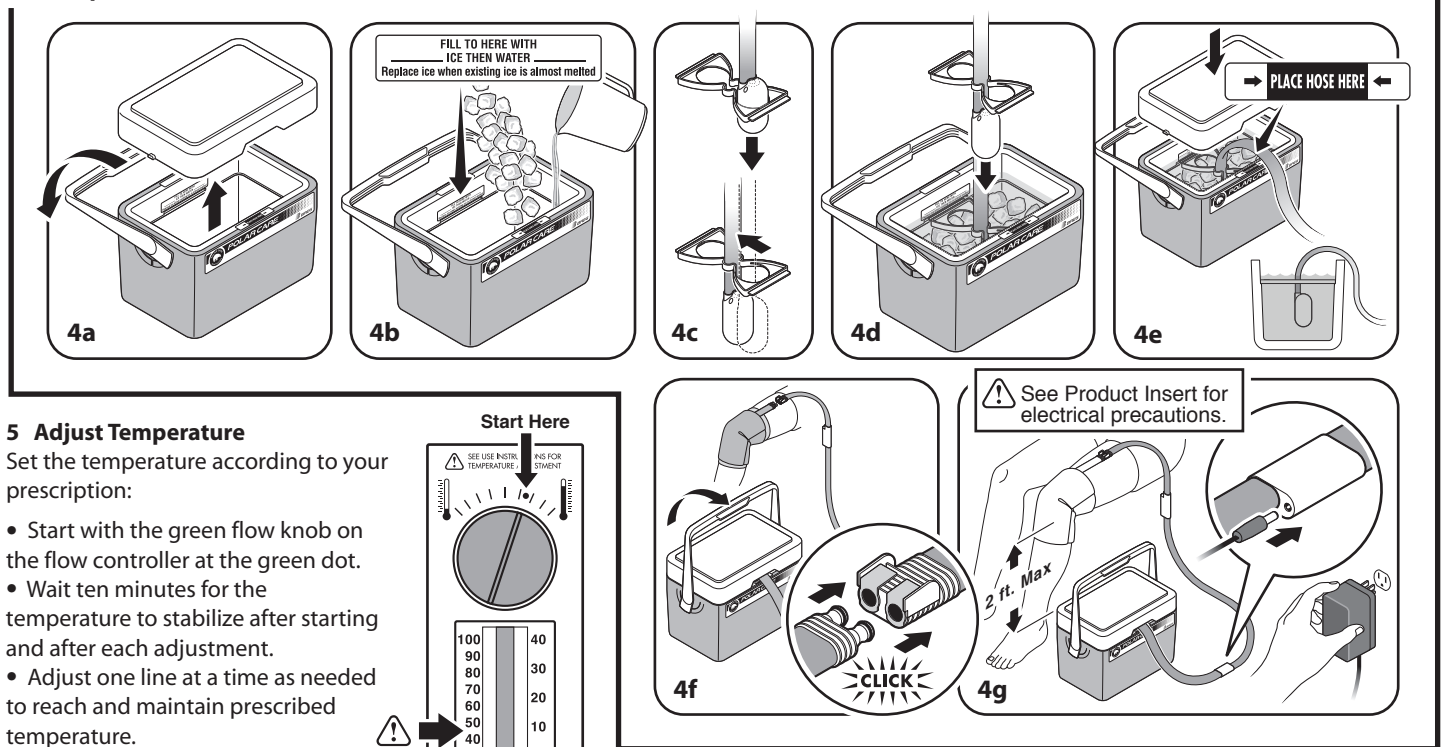
Use only according to your practitioner's instructions regarding the frequency and duration of cold application and breaks, proper temperature, how and when to inspect the skin, and total length of treatment. Federal law restricts this device to sale by or on the order of a licensed health care practitioner.

3 ⚠ Apply 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

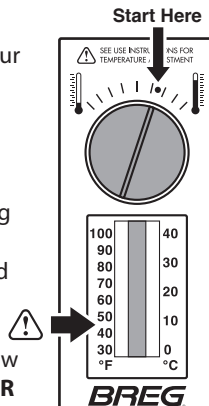


5 Adjust Temperature

Set the temperature according to your prescription:

- Start with the green flow knob on the flow controller at the green dot.
- Wait ten minutes for the temperature to stabilize after starting and after each adjustment.
- Adjust one line at a time as needed to reach and maintain prescribed temperature.

⚠ Do **NOT** adjust temperature below practitioner recommendation. **NEVER** operate below 45°F for more than 20 minutes at a time.



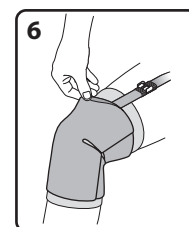
6 ⚠ Skin Inspection

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 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.



Prescription Form

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

Over ➡

POLAR CARE® 500 Trouble Shooting Guide

Your problem is:

- Pump not running
- Water is not flowing to the pad
- Temperature reading above 55° degrees
- Pad is kinked
- Pad not getting cold

Possible solutions:

- 1 Confirm that the transformer is properly plugged into the unit and the wall outlet.
- 2 Make sure ice and water are filled to the indicated level.
- 3 Ensure there are no kinks in the pad.
- 4 Confirm the pump is properly suspended by the butterfly bracket; it should not touch the bottom or the sides of the unit.
- 5 Ensure the pump is completely submerged in water.
- 6 Gently pull on the blue tube 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 coupling.
- 8 Remove and fill the pad while pad is flat, then reapply to the patient.
- 9 Confirm that the unit is placed at, or no more than 2 feet below, the pad's height.
- 10 Confirm that the pads are properly connected.
- 11 Turn the flow control knob counterclockwise until pointed to the raised dot on the controller. Wait 30 seconds, then return the knob toward the green dot on the flow gauge or previous operating range. **Warning:** After adjusting flow, always check the temperature.

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 and reconnect the pad couplings, making sure both sides are clicked in properly. Make sure when connecting the pad to the pump hose that the release clips on the couplings are depressed prior to connecting to the pad.
- 2 If a leak is detected in the pad or the thermometer while running, discontinue use and call BREG customer service.

Your problem is:

- Excessive noise

Possible solutions:

- 1 Make sure the pump is completely submerged in the ice water.
- 2 Confirm that the pump is not resting against the sides or the bottom of the unit (use included bowtie to prevent this).

Other Notes:

- Allow 10 minutes to achieve stable temperature reading after adjusting the flow gauge.
- 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.

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