Polar Care Wave®
Operating Instructions

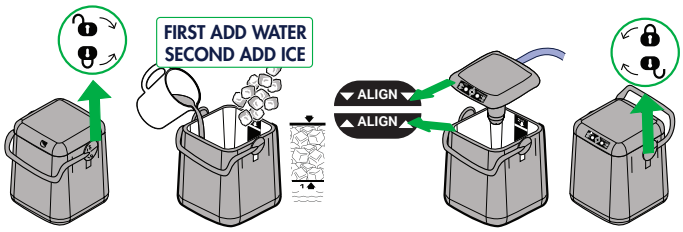
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The Polar Care Wave motorized system incorporates both cold therapy and active compression. It cools the affected body part and delivers a massage-like squeeze. Cold and compression has been proven to help improve pain, swelling, range of motion, and overall recovery as well as potentially reduce the need for use of narcotics. [1,2,3]

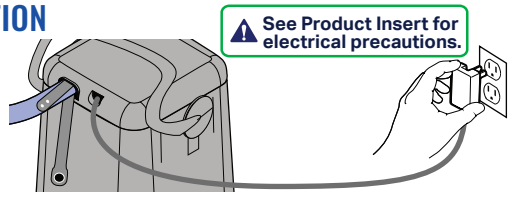
⚠ Warning

The Polar Care Wave can be cold enough to cause serious injury, including full skin necrosis. Follow and carefully read the instructions for use and the cold compression pad fitting instructions (printed on each cold compression pad) prior to use.

SET UP

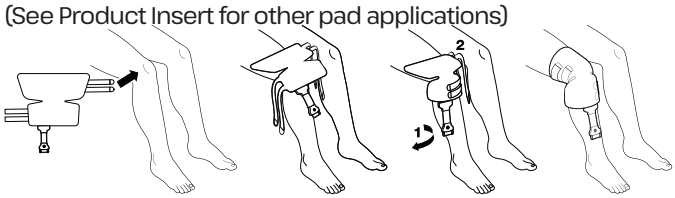


OPERATION

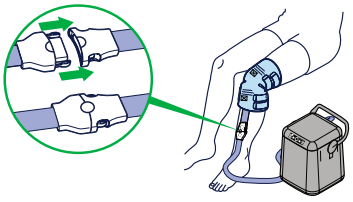


COLD AND COMPRESSION PAD APPLICATION

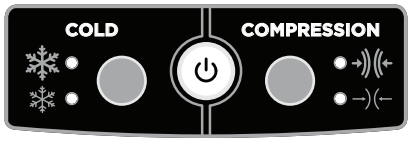
(See Product Insert for other pad applications)



CONNECTING & DISCONNECTING THE PAD TO UNIT



KEYPAD



Operating the Unit

1. Press the on/off button to turn the unit on. It will illuminate.
   Upon initial start-up, the unit will default to colder and regular settings for cold and compression therapy, respectively.
   If the unit was previously in use, it will default to the last settings selected when the unit was turned off.
2. Press the cold button to cycle between colder, cold, and off.
3. Press the compression button to cycle between regular, low, and off.
4. Press the on/off button to turn the unit off. All lights will turn off.

Good to Know:

- Cold and compression therapies may be used at the same time or independently.
- If the on/off button continuously flashes, refer to troubleshooting guide on page 18 (of the Product Insert).
- If the on/off button is on and both therapies are off for more than 15 minutes, the unit will automatically shut off.
- Some condensation on the tube and cold compression pad is possible, especially in warmer climates.

References:

1. Waterman et al: Efficacy of Combined Cryotherapy and Compression Compared with Cryotherapy Alone. The Journal of Knee Surgery. Vol 25. No. 2, 2012.
2. Murgier J. et al: Cryotherapy With Dynamic Intermittent Compression Improves Recovery From Revision Total Knee Arthroplasty. Journal of Arthroplasty, 2017.
3. Leegwater, NC et al: Cryocompression Therapy After Elective Arthroplasty of the Hip. Hip International, 2012.

⚠ Warnings

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 length of breaks between uses, how and when to inspect the skin, and total length of treatment. Do not use this device if you did not receive or do not understand the instructions. Unless your practitioner provides different instructions, to take a break between uses simply disconnect the power from the unit or remove the pad from your body for a minimum of 30 minutes. Federal law restricts this device to sale by or on the order of a licensed health care practitioner.
3. **Inspect skin regularly.** Patients vary in sensitivity to cold. Regularly inspect the skin under the cold compression pad (by lifting the edge) as prescribed, typically every 1 to 2 hours. Do not use the Polar Care Wave unit if skin checks are inhibited by a barrier.

   Stop using and consult your healthcare professional immediately if you experience any adverse reactions, such as: increased pain, burning, increased swelling, itching, blisters, increased redness, discoloration, welts, irritation and other changes in skin appearance, or any other reaction identified by your healthcare professional.

Usage Tips

1. Use cubed or chunked ice for optimal performance.
2. When using a Breg Polar Care Wave unit with a detachable Cold Compression Pad, it is recommended to drain the pad between uses. To drain the pad, hold the Cold Compression Pad upright and roll the pad while still connected and squeeze the water out of the pad. Roll up the pad from the top down to the hose connection.
3. You may disconnect the Cold Compression Pad from the unit without removing the pad from the affected area by depressing the blue clips on the sides of the pad connector and gently pulling the hoses apart. The Cold Compression Pad and unit will seal itself and will not leak. Note: Some dripping during release is normal.
4. DO NOT RUN PUMP WITHOUT WATER! The pump in this unit is designed to run with water. Running the unit without water will cause permanent damage to the pump.
5. Unplug unit before removing lid.

Cleaning Unit

After use, empty and dry the unit with a soft cloth. Water and bleach may be used occasionally to clean the pump and tubes.

Troubleshooting Guide

PROBLEM: Water not flowing to cold compression pad or pad not cold.

Possible solutions:

- Confirm on/off button is illuminated and a cold therapy "colder" or "cold" setting light is on to indicate that cold therapy is functioning.
- Check that blue connectors between cold compression pad and tubing are fully engaged with Breg logos lined up. Disconnect blue connectors and reconnect if needed.
- Allow 10 minutes for cold compression pad temperature to stabilize.
- Confirm unit has both ice and water to appropriate levels.
- While using the Breg Ice Bags, cubed ice may also be added to the container up to the ice fill line to optimize the colder setting.
- Elevating the unit to the same or higher elevation than the cold compression pad may increase water flow to the cold compression pad.
- Check that tubing and cold compression pad are not kinked.
- Remove cold compression pad and lay it flat. Allow cold compression pad to fill with water and then reapply.

PROBLEM: Cold compression pad not compressing of filling with air

Possible solutions:

Note: During compression therapy operation, it is normal for the compression to inflate and deflate continuously. The duration of each inflation-deflation cycle is approximately 1 to 2 minutes.

- Confirm on/off button is illuminated and a compression therapy "regular" or "low" setting light is on to indicate that compression therapy is functioning.
- Check that blue connectors between cold compression pad and tubing are fully engaged with Breg logos lined up. Disconnect blue connectors and reconnect if needed.
- Tighten cold compression pad.
- Check that tubing and cold compression pad are not kinked.
- Remove cold compression pad and lay it flat. Check if the cold compression pad is inflating with air and then reapply.

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