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## Corflex 5.5" x 11" (Reorder #72-7001)

# Corflex Cryotherm Gel Pack 5.5" x 11" User Manual

Model: 5.5" x 11" (Reorder #72-7001)

## INTRODUCTION

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The Corflex Cryotherm Gel Pack is designed for versatile therapeutic use, providing both hot and cold relief for various conditions. This reusable gel pack is intended for pain relief, reduction of swelling, and alleviation of muscle cramps. Please read this manual thoroughly before use to ensure safe and effective application.

## SETUP

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Before initial use, inspect the gel pack for any signs of damage or leakage. If any damage is found, do not use the product and discard it safely. Ensure the gel pack is clean and dry before placing it in the freezer or microwave.

## OPERATING INSTRUCTIONS

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### Cold Therapy Use

1. Place the gel compress in your freezer for a minimum of 1 hour.
2. Remove the compress from the freezer.
3. Wrap the frozen gel pack in a towel or cloth. Always test the compress temperature against your skin for personal comfort level before applying.
4. Once the temperature is acceptable, apply the wrapped compress to the affected area.
5. **Note:** Freezer temperatures can vary. Monitor your skin periodically during application to avoid frostbite. Cold therapy affects individuals differently; always prioritize your comfort.
6. Store the gel pack in the freezer for future cold therapy use.

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**Video:** This video demonstrates the flexibility of the gel pack even after being frozen, highlighting its ability to conform to body contours for effective therapy.

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**Video:** A demonstration comparing the cold retention of the therapy pack against other ice packs and a bag of ice, showcasing its prolonged cooling capability.

## Hot Therapy Use (Based on a 1200 Watt Microwave)

1. Ensure the gel compress is at room temperature before microwaving.
2. Lay the gel compress flat in the microwave.
3. Heat at full power for 40 seconds.
4. Carefully remove from the microwave and check for the desired temperature. The temperature will continue to rise slightly after removal.
5. If additional heat is desired, return the gel pack to the microwave and heat in 10-second increments. **Warning:** Watch the gel compress closely while heating, as excessive heating can cause the gel compress to rupture and leak.
6. Wrap the heated gel pack in a towel or cloth. Always test the temperature against your skin for personal comfort before applying.
7. If the compress feels uncomfortably hot, remove it and re-apply when the temperature feels acceptable.
8. If re-heating is required, repeat steps 1 to 6.
9. Store the gel pack at room temperature for future hot therapy use.

## MAINTENANCE

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To clean the gel pack, wipe it with a damp cloth and mild soap. Rinse thoroughly and air dry completely before storing. Do not submerge the gel pack in water or use harsh chemical cleaners. Store the gel pack in a clean, dry place, away from direct sunlight and extreme temperatures, when not in use.

## TROUBLESHOOTING

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- **Gel pack not cold/hot enough:** Ensure adequate freezing time (at least 1 hour) for cold therapy or proper microwave heating increments (40 seconds initially, then 10-second bursts) for hot therapy.
- **Gel pack too stiff when frozen:** Allow a few minutes at room temperature for the gel to become more pliable, or gently flex it before application.
- **Leakage:** Discard the product immediately if any leakage or punctures are observed. Do not attempt to repair.

## SPECIFICATIONS

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Feature	Detail
Size	5.5" X 11"
Brand	Corflex
Manufacturer	Corflex
Item Weight	13.6 Ounces
Unit Count	1.00 Count
UPC	630745011452
ASIN	B009R2G77M

## IMPORTANT SAFETY INFORMATION

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- Use only as directed. Do not apply the gel compress directly to skin. Always wrap it in a towel or cloth before

application.

- Individuals with circulatory problems should consult a physician before using this product.
- Do not apply excessive weight by sitting or leaning on the gel compress, as it may burst or leak.
- Do not apply directly to open wounds. Do not use this product with any topical pain relievers or liniments.
- For external use only. The unattended use of a gel compress by children, elderly, or incapacitated persons is dangerous.
- This product is non-toxic. If accidentally swallowed, drink several glasses of water and immediately call your local Poison Control Centre.
- Should contents become exposed to skin or eyes, flush with water immediately and consult a physician.
- Discard the product if it is punctured or leaking.
- Keep out of reach of children.



The product packaging for the Cryotherm Gel Pack, displaying detailed instructions for both cold and hot therapy, along with important safety warnings.

## WARRANTY INFORMATION

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For information regarding product warranty, please refer to the packaging or contact Corflex customer support directly. Keep your purchase receipt for any warranty claims.

## CUSTOMER SUPPORT

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For further assistance, questions, or concerns, please contact Corflex customer support. Contact details can typically be found on the product packaging or the official Corflex website.