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Pic Solution 924300940

Pic Solution Thermogel Comfort Cushion Reusable Heat and Cold Therapy Manual

1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of the Pic Solution Thermogel Comfort Cushion (Model 924300940). This reusable gel pack is designed for both heat and cold therapy to help alleviate pain, reduce inflammation, aid muscle recovery, and treat minor injuries.



Figure 1: Pic Solution Thermogel Comfort Cushion, showing the product packaging and the gel pack.

2. SAFETY INFORMATION AND WARNINGS

Important: Carefully read all instructions before use. Failure to follow these instructions may result in injury or product damage.

- Do not apply the gel pack directly to the skin without the protective cover, especially when hot or very cold, to prevent burns or frostbite.
- Do not overheat the gel pack in the microwave or boiling water. Follow heating times precisely.
- Do not puncture or tear the gel pack. If the gel leaks, discontinue use immediately and dispose of the product.
- Keep out of reach of children.
- Consult a healthcare professional before using this product if you have circulatory problems, diabetes, nerve damage, or sensitive skin.
- Discontinue use if you experience any discomfort, skin irritation, or adverse reactions.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. SETUP AND PREPARATION

Before first use, inspect the Thermogel Comfort Cushion for any signs of damage, such as tears or leaks. Ensure the protective fabric cover is clean and intact. The gel pack is ready for either hot or cold application after preparation.



Figure 2: The Thermogel Comfort Cushion with its protective fabric cover, ready for use.

4. OPERATING INSTRUCTIONS

4.1. Hot Therapy Application

Hot therapy is beneficial for muscle pain, stiffness, and relaxation. Always use the protective fabric cover when applying hot.

Heating Methods:

1. Boiling Water:

- Bring a pot of water to a boil.
- Remove the pot from the heat.
- Immerse the gel pack (without the fabric cover) in the hot water for approximately 5-10 minutes.
- Carefully remove the gel pack from the water using tongs.
- Insert the heated gel pack into its protective fabric cover before application.

2. Microwave Oven:

- Place the gel pack (without the fabric cover) flat in the microwave.
- Heat on high for 30 seconds.
- Carefully remove and knead the gel pack to distribute heat evenly.
- If more heat is desired, heat in additional 10-second intervals, kneading after each, until the desired temperature is reached. **Do not exceed 60 seconds total heating time.**
- Insert the heated gel pack into its protective fabric cover before application.

Application: Once heated and placed in the protective cover, apply the Thermogel to the affected area. The elastic band allows for stable application on various body parts. Do not apply for more than 20 minutes at a time, or as advised by a healthcare professional.

4.2. Cold Therapy Application

Cold therapy is effective for reducing swelling, inflammation, and numbing pain from minor injuries. Always use the protective fabric cover when applying cold.

Cooling Method:

- Place the gel pack (without the fabric cover) in the freezer for at least 2 hours.
- For optimal flexibility, remove from the freezer 5-10 minutes before use.
- Insert the chilled gel pack into its protective fabric cover before application.

Application: Once chilled and placed in the protective cover, apply the Thermogel to the affected area. The elastic band allows for stable application on various body parts. Do not apply for more than 20 minutes at a time, or as advised by a healthcare professional.

5. MAINTENANCE AND STORAGE

- **Cleaning:** The comfortable fabric cover is washable. Hand wash with mild soap and water, then air dry. The gel pack itself can be wiped clean with a damp cloth.
- **Storage:** Store the Thermogel Comfort Cushion in a clean, dry place at room temperature when not in use. For cold therapy, it can be stored in the freezer.
- **Inspection:** Regularly inspect the gel pack for any signs of wear, damage, or leaks. Discontinue use if any damage is observed.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Gel pack not heating/cooling sufficiently.	Insufficient heating/cooling time.	Increase heating/cooling duration according to instructions. Ensure even heat distribution by kneading after microwave heating.
Gel pack feels too hot/cold.	Overheating/overcooling or direct skin contact.	Always use the protective fabric cover. Reduce heating/cooling time. Allow to cool/warm slightly before application.
Gel pack shows signs of leakage or damage.	Wear and tear, improper handling, or manufacturing defect.	Discontinue use immediately. Dispose of the damaged product. Contact customer support if within warranty period.

7. SPECIFICATIONS

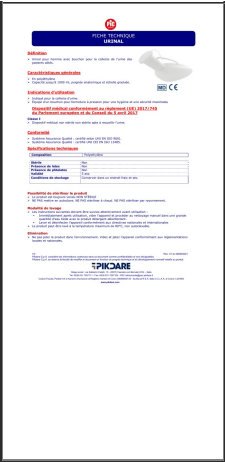
Feature	Detail
Model Number	924300940
Dimensions	10 x 26 cm (approx. 1.97 x 4.29 x 4.69 inches; 10.58 ounces)
Material	Gel
Special Features	Flexible, Reusable, Includes elastic band and washable protective cover
Intended Use	Heat and cold therapy for pain relief, muscle recovery, reducing inflammation, treating minor injuries.




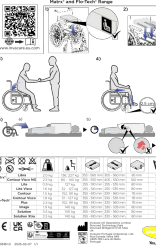

8. WARRANTY AND SUPPORT

For warranty information or product support, please refer to the packaging or contact the manufacturer, ARTSANA SpA, directly. You may also contact your retailer for assistance.

This product is a medical device CE. Carefully read the instructions. Ministerial authorization of 03.03.2014.

Related Documents - 924300940

	<p>Fiche Technique Urinal PIC Solution - Spécifications et Conformité</p> <p>Fiche technique détaillée pour l'urinal homme PIC Solution. Inclut les spécifications techniques, caractéristiques générales, indications d'utilisation, modalités de lavage, élimination, conformité et informations fabricant.</p>
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	<p>PiC Solution ThermoDiary EAR: Infrared Ear Thermometer User Manual</p> <p>User manual for the PiC Solution ThermoDiary EAR infrared ear thermometer. Learn about its features, specifications, usage instructions, battery replacement, care, maintenance, and important warnings. This connected thermometer syncs with the PIC HEALTH STATION app.</p>
	<p>Veridian Healthcare TENS + Heat Wireless Pain Management Solution Model 22-033 - Instruction Manual</p> <p>User manual for the Veridian Healthcare TENS + Heat Wireless Pain Management Solution (Model 22-033). Learn about its features, intended use for muscle pain relief and arthritis, and safety instructions.</p>
	<p>Veridian Healthcare BACK WRAP TENS + Heat Pain Management Solution Instruction Manual</p> <p>Instruction manual for the Veridian Healthcare BACK WRAP TENS + Heat Pain Management Solution, detailing its use for temporary relief of pain using TENS, EMS, and heat therapy. Includes setup, operation, safety, and specifications.</p>
	<p>Invacare Matrx & Flo-Tech Cushions: Quick Instruction Guide</p> <p>Quick instruction guide for Invacare Matrx and Flo-Tech cushions, detailing usage, fitting, and product specifications for optimal comfort and pressure relief.</p>
	<p>Vicair Adjuster O2 User Manual: Advanced Wheelchair Cushion for Pressure Relief and Comfort</p> <p>Explore the Vicair Adjuster O2 user manual for detailed instructions on this advanced wheelchair seat cushion. Learn about its pressure relief, skin protection, and posture support benefits for enhanced comfort and well-being.</p>