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Tilcare 455454

Tilcare Cold Therapy Kit Instruction Manual

Model: 455454

INTRODUCTION

This manual provides instructions for the Tilcare Cold Therapy Kit, designed to offer targeted cold therapy for various conditions. The kit includes a cold therapy cap, gloves, and socks, intended for use in managing pain, inflammation, and discomfort associated with conditions such as neuropathy, headaches, and post-surgery recovery. Please read these instructions carefully before use to ensure proper application and care of your cold therapy products.

SETUP AND PREPARATION

Before using any component of the Tilcare Cold Therapy Kit, the integrated gel packs must be adequately chilled.

1. **Freezing:** Place the cold therapy cap, gloves, and socks in a freezer. For optimal coldness, freeze for a minimum of 6 to 8 hours, or preferably overnight, before initial use.
2. **Storage:** Store the items in the freezer when not in use to ensure they are ready for immediate application.

QUICK AND EFFORTLESS PREPARATION

Experience maximum comfort with
6 to 8 hours of freezing time



Image: Quick and effortless preparation for cold therapy.

OPERATING INSTRUCTIONS

The Tilcare Cold Therapy Kit provides targeted relief for different body parts. Follow these instructions for proper application.

Cold Therapy Cap

- **Application:** Gently place the cold therapy cap over your head. The flexible design allows for various coverage options.
- **Coverage Options:**
 - For full coverage, including eyes and nose, position the cap to cover these areas.
 - For forehead-only relief, adjust the cap to rest higher on the forehead.
- **Duration:** Use for recommended periods as advised by a healthcare professional, typically 15-20 minutes at a time.

EMBRACE 360° COMFORT DURING COLD THERAPY

Choose between eye and nose coverage
or forehead-only comfort



- 360-Degree Coverage
- Adaptable Wear Options
- Universal Size
- Built-in Gel Packs

Image: Cold therapy cap offering 360-degree comfort.

Cold Therapy Gloves

- **Application:** Slide your hands into the cold therapy gloves.
- **Adjustable Fit:** Use the integrated Velcro straps to secure the gloves comfortably around your wrists. Adjust the straps to achieve desired compression without restricting circulation.
- **Targeted Relief:** The gloves are designed to provide cold therapy to fingertips and palms.
- **Duration:** Apply for recommended periods, typically 15-20 minutes.

SOOTHING ICE GLOVES

Precise cold therapy targets fingertips and palms



Image: Soothing ice gloves for precise cold therapy.

SECURE FIT, TARGETED RELIEF

Velcro straps ensure secure and adjustable sock and glove fit



Image: Secure fit and adjustable compression with Velcro straps.

Cold Therapy Socks

- **Application:** Slip your feet into the cold therapy socks.
- **Adjustable Fit:** Use the integrated Velcro straps to secure the socks comfortably around your ankles. Adjust for desired compression without restricting circulation.
- **Targeted Relief:** The socks are designed to alleviate neuropathic pain in the feet.
- **Duration:** Apply for recommended periods, typically 15-20 minutes.

SOOTHING ICE SOCKS

Lounge with confidence and ease
wearing cold therapy socks



Image: Soothing ice socks for comfortable foot therapy.

HASSLE-FREE USAGE

Built-in gel packs eliminate
the need for separate inserts



Image: Hassle-free usage with built-in gel packs.

General Usage Tips

- Always ensure the gel packs are sufficiently cold before use.
- Do not apply cold therapy for extended periods without consulting a healthcare professional.
- If discomfort or skin irritation occurs, discontinue use immediately.
- The kit is suitable for various applications including headache relief, muscle recovery, arthritis management, and post-surgery care.

AT-HOME WELLNESS SOLUTION

Enjoy cold therapy from the comfort of your own home



Image: At-home wellness solution for various applications.

CARE AND MAINTENANCE

Proper care ensures the longevity and hygiene of your cold therapy kit.

- **Cleaning:** The cap, gloves, and socks are reusable. Clean them gently with a damp cloth and mild soap if necessary. Do not machine wash or tumble dry.
- **Drying:** Allow the items to air dry completely before storing or refreezing.
- **Storage:** Store the kit in a clean, dry place, preferably in the freezer, away from direct sunlight or extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Kit not cold enough.	Insufficient freezing time.	Ensure the kit is frozen for at least 6-8 hours, or overnight, before use.
Discomfort during use.	Too tight fit or prolonged application.	Adjust straps for a looser fit. Limit application time to 15-20 minutes. If discomfort persists, discontinue use.
Skin irritation.	Direct contact with extremely cold surface or allergic reaction.	Ensure a thin layer of clothing is between the cold pack and skin if sensitive. Discontinue use if irritation persists and consult a doctor.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Tilcare
Model Name	Tilcare Cold Therapy Kit
Model Number	455454
ASIN	B0CBST6YYT
Number of Items	3 (Cap, Gloves, Socks)
Age Range (Description)	Adult
Material	Silicone, Neoprene, or Plastic (for gel packs and fabric)
Color	Black
Special Feature	Reusable, Flexible
Used For	Hands, Head, Foot
Product Benefits	Pain relief, inflammation reduction, muscle recovery, headache relief, arthritis management, fever reduction, improved healing, post-surgery care, skin care enhancement.
Material Type Free	Lead-free
Product Form	Gel
Shipment Dimensions	32 x 23.49 x 9.8 cm; 3.73 kg

WARRANTY AND SUPPORT

For any questions regarding the Tilcare Cold Therapy Kit, including warranty information or technical support, please contact the manufacturer directly through their official website or the retailer where the product was purchased.

Keep your proof of purchase for warranty claims.

Manufacturer: Tilcare

