

HydraHeat Pack

INSTRUCTIONS FOR USE

Thank you for choosing the HydraHeat Pack by Richmar. It is recommended for best therapeutic effect, pack longevity, and patient comfort, to set heating unit between 120° F/ 48° C and 140° F/ 60° C. For consistent heating, ensure heat pack is completely submerged in water for a minimum of 20 minutes prior to treatment.

Clinical Use

- Place the HydraHeat pack in heating unit. (HydraTherm heating unit is recommended)
- Heating unit water temperature should be set between 120°F/48°C and 140°F/60°C, but not exceed 160°F/70°C.
- Ensure that the heat pack is completely submerged.
- Warm HydraHeat pack for a minimum of 20 minutes prior to use.

Home Use


- Place the HydraHeat pack in a large pan and completely cover the heat pack with water.
- Place pan on stove top set for medium heat.
- Monitor water temperature until the desired temperature is obtained, but do not exceed the 160°F (70°C) maximum temperature.
- Warm HydraHeat pack for a minimum of 20 minutes prior to use.


Application

- Carefully remove the heat pack from the water using tongs.
- Place a towel or towel layers, as needed for patient comfort, between the HydraHeat pack and patient prior to applying. The heat from the pack will penetrate the towel.
- To vary the heat intensity, increase or decrease the number of towel layers between the heat pack and the patient's skin.
- Clean heat pack surface with an antibacterial wipe before returning to heating unit.

Storage

- During extended periods when pack is not in use, it is highly recommended to remove pack from water and place the pack on a dry, flat surface.

-  **Caution:**
- Damage to skin can occur from exposure to extreme heat or cold. See application Instructions above for proper use of this product.
 - Wrap heat pack in towel or towel layers before handling or applying to patient.
 - Treatment time is effective for up to 45 minutes.
 - Constantly monitor the heat pack application to ensure that the skin does not become too hot.
 - Do not apply over desensitized skin or where circulation is compromised.
 - Do not apply packs directly over cuts, abrasions or open wounds.
 - Consult a healthcare professional before using heat packs on non-communicative individuals; exercise extreme caution when using packs on non-communicative individuals.

-  **Warning:**
- Do not apply heat pack directly to the skin.
 - Individuals with circulatory problems should consult with a physician before use.
 - Do not sit or lie on the heat pack.
 - Do not add chlorine additive to the water.
 - Do not use HydraHeat packs in the microwave.

For questions regarding service or repair contact technicalsupport@richmarweb.com.



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SET HEATING UNIT TEMPERATURE BETWEEN 120°F/ 48°C and 140°F/ 60°C

PLEASE READ INSTRUCTIONS ON REVERSE SIDE FOR IMPORTANT
INFORMATION ON RECOMMENDED WATER TEMPERATURE, CAUTIONS,
AND WARNINGS.