

ThermaCare® HeatWraps:
Neck, Wrist & Shoulder

Uses

Provides heat therapy for temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.

Warnings

THIS PRODUCT CAN CAUSE BURNS.

55 OR OLDER: YOUR RISK OF BURNING INCREASES AS YOU AGE

DO NOT WEAR WHILE SLEEPING

CHECK SKIN FREQUENTLY DURING USE

IF YOU FIND IRRITATION OR A BURN, REMOVE PRODUCT IMMEDIATELY

Do not use

if heat cell contents leak and/or wrap is damaged or torn

for more than 8 hours in a 24-hour period

with pain rubs, medicated lotions, creams or ointments

on unhealthy, damaged or broken skin

on areas of bruising or swelling that have occurred within 48 hours

on areas of the body where you can't feel heat

with other forms of heat

on people unable to remove the product, including children, infants, and some elderly

on people unable to follow all use instructions

Ask a doctor before use if you have

DIABETES

poor circulation or heart disease

rheumatoid arthritis

or are pregnant

When using this product

check skin frequently for signs of burns or blisters - if found, stop use

if product feels too hot - stop use or wear over clothing

do not place extra pressure over the product

to avoid increased risk of burns, remove product before undergoing any MRI (magnetic resonance imaging) procedures

Stop use and ask a doctor

if pain worsens or persists for more than 7 days

if you experience any discomfort, burning, swelling, rash or other changes in your skin that persist where the wrap is worn

Keep out of reach of children and pets. Each heat cell contains iron (~2 grams)

Can be harmful if ingested. If ingested, rinse mouth with water and call a Poison Control Center immediately.

If heat cell contents come in contact with your skin or eyes, remove wrap, rinse affected area with water, and seek professional assistance immediately.

DO NOT MICROWAVE or attempt to reheat as wrap could catch fire

Directions

Tear open pouch when ready to use.

Peel away paper to reveal adhesive side. Place on pain area with adhesive against the skin. Attach firmly.

Do not overlap the heat cells when applying to wrist.

It may take up to 30 minutes to reach therapeutic temperature.

Wear up to 8 hours. Do not wear for more than 8 hours in any 24-hour

Place wrap flat against your skin. Do not fold or bunch as your risk of burn is increased.

Questions? 1-800-323-3383 LBL Document Number: LBL-00000247 (Version 8.0)