

### OPERATING INSTRUCTIONS

The Thermotech moist heating pad can seriously injure skin if used improperly. Follow all instructions to ensure product safety.

#### DISCUSS TREATMENT WITH YOUR LICENSED HEALTH CARE PRACTITIONER

#### HOW TO USE THE THERMOTECH

1. Slip the flannel cover over your Thermotech heating pad. To avoid overlapping, which could cause overheating, make sure that the pad is flat before each use.
2. Plug your Thermotech into any 110V AC outlet. Place it over the area where treatment is required. Press the blue lever to turn on the unit and hold it there for it to remain "ON". Release the switch lever to turn off the unit when the unit reaches the desired temperature or when the heat gets to the extent you can tolerate. Let the unit cool for a few minutes before you resume the hold on the switch to turn it on again. You can cover the Thermotech with a blanket or towel to retain the heat and moisture. A switch lever controls the unit's heat, by design it is to be pressed by one hand only. Please do not attempt to keep the unit on by other means. Do note, this is a high-heat heating pad. It can be DANGEROUS, so check skin often, and know your limits to heat. It is the high heat coupled with the slow cool down that produces the moisture.
3. To get proper treatment, repeat the above mentioned "on" and "off" procedures (press the lever and release the lever). Normally, it takes about 20 minutes for each treatment. However, if you need a longer time of application, please do not use it for more than 30 minutes. Unplug your Thermotech immediately after each use.
4. In order to contract your blood vessels or close the pores after each heat application, an optional cold treatment may be required. Rub the treated area with a cold wet towel or ice cubes if you need cold applications.
5. If the heating or air conditioning system in your home makes the air very dry, or if the area you live is quite dry, your Thermotech will produce very little moisture. To help create more moisture under such circumstances, please use a humidifier or a pan of hot water in the place where you are using your Thermotech. Please always store your Thermotech in a dry, cool place.

#### HOW TO CARE FOR YOUR THERMOTECH

When the outside flannel covering needs cleaning, wash it by hand with mild detergent and let air-dry. Never attempt to wash the inner pad. Do not machine wash or dry the outer covering, so it may remain fluffy.

### IMPORTANT SAFETY INSTRUCTIONS - DO NOT DESTROY - READ ALL INSTRUCTIONS BEFORE USING

#### CAUTIONS AND WARNINGS

Danger – to reduce the risk of burns, adverse reactions, and malfunction, this product must be used in accordance with the following instructions.

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| <ol style="list-style-type: none"> <li>1. READ ALL INSTRUCTIONS BEFORE USING.</li> <li>2. DO NOT USE WHILE SLEEPING.</li> <li>3. DO NOT USE ON AN INFANT.</li> <li>4. THIS PAD IS NOT TO BE USED ON OR BY AN INVALID, SLEEPING OR UNCONSCIOUS PERSON, OR A PERSON WITH POOR BLOOD CIRCULATION UNLESS CAREFULLY ATTENDED.</li> <li>5. DO NOT USE ON AREAS OF INSENSITIVE SKIN.</li> <li>6. BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING. CHECK SKIN UNDER PAD FREQUENTLY.</li> <li>7. NEVER USE PAD WITHOUT COVER IN PLACE.</li> </ol> | <ol style="list-style-type: none"> <li>8. DO NOT USE PINS OR OTHER METALLIC MEANS TO FASTEN THIS PAD IN PLACE.</li> <li>9. DO NOT SIT ON OR CRUSH PAD - AVOID SHARP FOLDS.</li> <li>10. NEVER PULL THIS PAD BY THE SUPPLY CORD.</li> <li>11. DO NOT USE THE CORD AS A HANDLE.</li> <li>12. CAREFULLY EXAMINE INNER COVER BEFORE EACH USE. DISCARD THE PAD IF INNER COVERING SHOWS ANY SIGN OF DETERIORATION.</li> <li>13. SAVE THESE INSTRUCTIONS.</li> <li>14. IF ANY ADVERSE REACTIONS OCCURS, DISCONTINUE USE IMMEDIATELY</li> </ol> | <ol style="list-style-type: none"> <li>15. DO NOT USE THIS PAD CONTINUOUSLY WITHOUT A BREAK/REST PERIOD.</li> <li>16. THIS IS A HIGH-HEAT HEATING PAD. IT CAN BE DANGEROUS WHEN SET ON EITHER TEMPERATURE SETTINGS, ESPECIALLY MEDIUM AND HIGH.</li> <li>17. THIS PAD MUST BE TURNED OFF TO END TREATMENTS</li> <li>18. PATIENT MUST CONSULT THEIR MEDICAL PROFESSIONAL FOR APPROPRIATE TREATMENT TIMES/LENGTHS.</li> </ol> |
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Patients first need to be assessed by their physicians for contraindications, risk factors, and medical history before using this product. Supervision may be necessary to ensure precautions are followed, especially with young children and the elderly.

1. Ensure pads are not wrapped too tight.
2. If numbness or burning occurs, discontinue use and consult your prescribing physician.
3. Heat can burn or irritate skin. For this reason, it is best not to use it directly against the skin. Note: Minor skin redness is to be expected.
4. If the pad is being used on an injury; refrain from using heat for at least 48 hours.
5. While in use, keep on a low surface, but away from disturbance by pets or children.

Do not use in places with flammable vapors or gasses, high oxygen concentrations or other oxidizers. Risk of explosion if used in the presence of flammable anesthetic. Keep the cord and transformer away from heated surfaces

#### ELECTRICAL PRECAUTIONS

Keep connections dry. Always keep the unit in a place where the connections will not fall into water (e.g., a tub, sink, etc.). If the electrical connections fall into water, do not touch any wet part of the product. Unplug only at dry electrical connections.

Do not operate — or unplug immediately — if plug, or cord, is damaged. To resolve damaged parts, unplug and contact PMT.

- » **CONNECT TO A 110V AC OUTLET ONLY.**
- » **DO NOT HANDLE THE ELECTRICAL CORD WITH WET HANDS.**
- » **UNPLUG TO STOP THE PRODUCT WHEN NOT IN USE.**
- » Unplug immediately after use. Never leave unattended when plugged in.
- » **USE INDOORS ONLY**
- » **FLAMMABILITY**

#### CONTRAINDICATIONS

- » History of heat injury or adverse reactions to heat
- » Monitor patient's skin condition during therapy (every 20 minutes); special care monitoring must be provided for children, patients on prolonged therapy, unconscious or incapacitated patients, diabetics, and those with poor circulation
- » Application areas with compromised local circulation
- » Potential wound healing problems, including those from multiple surgical procedures; do not apply heat to areas that are susceptible to developing bedsores
- » Circulatory syndromes such as Raynaud's disease, Buerger's disease, peripheral vascular disease, vasospastic disorders, sickle cell anemia, and hypercoagulable clotting disorders
- » Local tissue infection
- » Hand/wrist or feet/ankle surgery w/ polyneuropathy

### ONE-YEAR LIMITED WARRANTY

This appliance is protected against defects in workmanship or material for 1 year from the date of original purchase. If this product should prove to be defective during the warranty period, it will be replaced without charge if shipped prepaid or taken to the place of purchase. Any return must include a proof of purchase and a check or money order for US\$5.00 to cover the cost of handling and postage. This warranty does not apply to damage resulting from abuse, misuse, neglect, tampering or any use not in conformity with the printed directions. This warranty does not include the outer covering.

This product was manufactured for: Pain Management Technologies, Inc. Akron, OH.