

### 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

- 1. TIMER INDICATOR LIGHTS** - Green Indicator Light: 15 minutes, Yellow indicator Light: 30 minutes, Orange Indicator Light: 45 minutes and Red Indicator Light: 60 minutes
- 2. TEMPERATURE INDICATOR LIGHTS** - Green Indicator Light: 113° F (45° C), Yellow Indicator Light: 130° F (55° C), Orange Indicator Light: 150 F (65 C) and Red Indicator Light: 166° F (75° C)
- 3. ON-OFF/TIMER BUTTON**
- 4. TEMPERATURE SELECT BUTTON**

#### HOW TO USE THE THERMOTECH

To Select Treatment Time

1. Plug the Digital Moist Thermotech into a 110V AC outlet. Press the yellow ON/OFF button and a beep sound will be heard. At this time two green indicator lights will glow and the unit is now on for 15 minutes of treatment and the temperature is set at 113° F (45° C).
2. For longer treatment time, press the ON/OFF button again. Now 30 minutes of usage is selected. The yellow indicator light will now glow and the green indicator light will go out simultaneously.
3. Press it for the third time for 45 minutes (the orange indicator Light will glow) and the fourth time for 60 minutes (the red Indicator Light glow).
4. A beep sound can be heard each time you press the ON/OFF button.
5. If you press the ON/OFF button for the fifth time, the unit will be turned off. To turn it on again, just push ON/OFF button.
6. At any time during usage, you can press ON/OFF button to adjust the treatment time.
7. When the selected treatment time is completed, The Digital Moist Thermotech will be turned off automatically and 5 beeps will sound.

#### 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 can remain fluffy.

#### To Select Treatment Temperature

1. Press the blue TEMPERATURE SELECT BUTTON one or more times for the desired temperature: 113° F (45° C), 130° F (55° C), 150° F (65° C) or 166° F (75° C).
2. Each time you press the blue TEMPERATURE SELECT BUTTON, a corresponding light will glow (green indicator light: 113° F/45° C, yellow indicator light: 130° F/55° C, orange indicator light: 150° F/65° C and red indicator light: 166° F/75° C) and a beep sound will be heard.
3. At any time during usage, you can press the blue TEMPERATURE SELECT BUTTON to change the temperature setting.

#### Directions for use:

1. Make sure the flannel cover is on the heating pad. Next place the digital moist Thermotech over the area where treatment is needed.
2. This is a high-heat heating pad and it will get very hot. If the heat becomes intolerable, discomforting or adverse, turn down or remove the heat pad from the area promptly. Also, make sure to use this pad for SHORT-TERM therapy sessions. And take breaks between treatments.
3. In order to contract your blood vessels or close the pores after the heat application, an optional cold treatment may be required. Just rub the treated area with a cold wet towel or ice cubes if needed.
4. If the heating air conditioning system in your home makes the air very dry or if the area you live is quite dry, your Thermotech will produce less moisture. To help create more moisture under such circumstances, please use a humidifier or a pan of hot water on the stove to help create humidity that your Thermotech can utilize. Please store your Thermotech in a cool, dry place.

### 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.**

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 patients 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 with 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.