



Trend Therapy Pack Instructions

Cooling Instructions:

1. Remove the pack from the packaging
2. Place the pack in a freezer or refrigerator for at least two hours, or until desired temperature is achieved.
3. Check to make sure the temperature of the pack is suitable before application.
4. **CAUTION: DO NOT APPLY THE PACK DIRECTLY ON BARE SKIN.** Make sure the pack is placed inside the pocket on your Trend LSO Back Brace.

Heating Instructions

1. Remove the pack from the packaging
2. Make sure the pack is at room temperature before heating.
3. Wrap the pack in a moist cloth or paper towel and place the pack in the center of the microwave. Make sure that any additional microwave features are turned off.
4. Microwave the pack for the time indicated in the chart below based on your microwaves rating.
5. Check the pack and make sure the temperature is suitable before application.
6. If more heat is needed, reheat for additional time indicated in the below intervals until safe desired temperature is reached and is comfortable for application. Before reheating, check if the temperature of any parts of the pack is too hot (normally it occurs at the edges of the pack). Knead the pack to make the temperature even, then rotate the pack to the opposite side and reheat in the microwave.
7. **CAUTION: DO NOT APPLY THE PACK DIRECTLY ON BARE SKIN.** Make sure the pack is placed inside the pocket on your Trend LSO Back Brace.

RATING	HEATING TIME FROM ROOM TEMP	HEATING TIME IF MORE HEAT IS DESIRED
800 WATTS	30 SECONDS	10 SECONDS
1000 WATTS	20 SECONDS	5 SECONDS

Disclaimer: Trend Medical assumes no responsibility or liability for any injury, damage, or adverse outcome resulting from the use or misuse of hot or cold therapy packs used in conjunction with orthopedic bracing products. Hot and cold packs are provided for convenience only and must be used strictly in accordance with the manufacturer's instructions. Users assume all risks associated with temperature-based therapy, including but not limited to burns, frostbite, skin irritation, or exacerbation of existing conditions.