

EN

SANOR TERMOJEL

SICAK / SOĞUK KOMPRES HOT / COLD COMPRESS

HOT AND COLD GEL COMPRESS

GENERAL CHARACTERISTICS

It is a reusable thermo gel suitable for both hot and cold therapy.

With hot use, it helps to reduce muscle spasm, relieves pain, soothes and relaxes.

It can be heated by holding in hot water or with the help of a microwave oven.

Cold use helps to reduce edema, swelling, pain and pain caused by burns.

It can be cooled by keeping it in the refrigerator or not too cold freezer.

BEFORE USE

Do not keep the hot compress in the same place for too long as this can cause burns. Therefore, gently move it every few minutes.

Remove the compress when you feel uncomfortable.

Do not use a hot compress directly on acute swelling, use a cold compress first.

Do not apply hot compresses on open wounds and stitches.

DIRECTIONS OF USE

COLD USE

Use after 1 - 2 hours in the freezer. Take a break after a maximum of 20 minutes of use or when you are uncomfortable.

HOT USE

Heat the product in a microwave oven for 30 seconds or soak it in hot water for 4 to 8 minutes to bring it to the desired temperature and then use it. If the product is overheated, allow it to cool down to the appropriate temperature before use.

BOX CONTENT

Thermo gel	1	Piece
User Manual	1	Piece