

Instructions for Use of Cryotherapy Polar Care

Treatment Period	Frequency/Duration	Temp.	Skin Inspection
Day 1-3	While Awake: • Continuous	45° - 55° F*	Inspect skin under pad every 1-2 hours
	While Asleep: • Continuous		Upon waking
Day 4-14	While Awake: • 30 minutes on 30 minutes off	45° - 55° F*	Periodically inspect the skin under pad
Day 15 and beyond	While awake: • As needed for pain control; • Continuous for 30 minutes intervals; • not to exceed 6 hours/day	45° - 55° F*	Periodically inspect the skin under pad

*Reported by the manufacturer.

Frequency and duration times vary slightly from manufacturers sample protocol.

Always use an insulation barrier. Do not let any part of the pad touch skin.

- Inspect skin under pad every 1-2 hours.
- Stop using Polar Care Cryotherapy (cold therapy) and contact your health care provider immediately if you experience any adverse reactions such as: Increase in pain, burning, increased swelling, itching, blisters, increased redness, discoloration, welts, or other changes in skin appearance.

Polar Care Cold Therapy can be cold enough to seriously injure skin.

- Follow the instructions above
- Follow the operating instructions (on the back and side of the unit)
- Follow the Cold Therapy Pad fitting instructions (provided with each Cold Therapy Pad)