

The IceMan, made by DonJoy, is designed to maintain a constant cool temperature where you are having pain. It can significantly reduce swelling after injury or surgery.

THE FIRST 72 HOURS AFTER SURGERY

1. The IceMan should be used as much as possible, even when sleeping, in order to minimize pain and swelling in the affected area.
2. Fill the cooler with ice and then top it off with water.
3. Apply the included pad to wherever you are experiencing pain (it has Velcro straps to keep the pad in place and conform to your body). Match the numbers on the elastic band to the same number on the bladder.
4. Plug in the IceMan to an electrical outlet and keep the thermostat between 40 – 44 degrees.
5. When changing the dressing and reapplying the cold pad, be sure there is a layer of material between the skin and the pad to lessen the chance of frost bite.

AFTER THE FIRST 72 HOURS

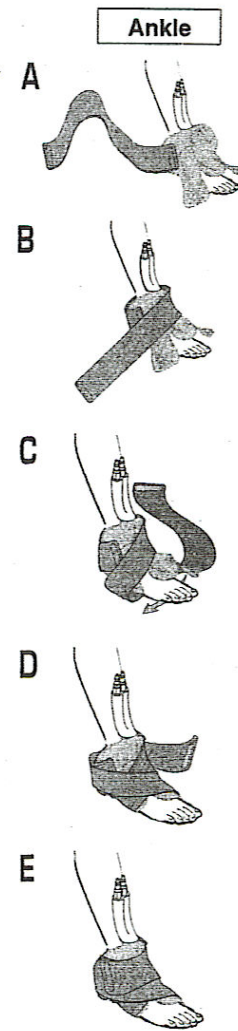
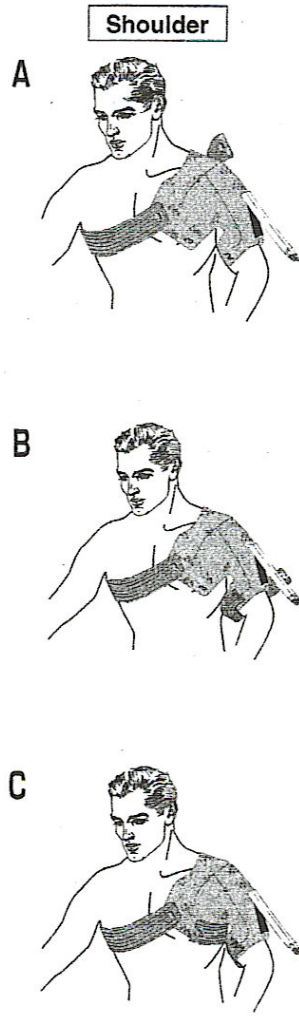
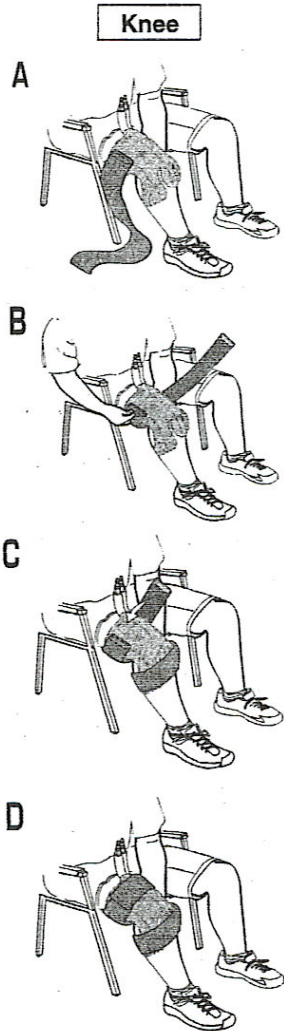
1. You can choose to use the IceMan for 30 minute treatments 4 times a day if you continue to experience pain and swelling.
2. The 30 minute treatments 4 times a day can continue for 3 weeks post op while symptoms are decreasing. From that point on you can use the IceMan as needed.
3. Do not return the IceMan, it is yours to keep.
4. Call your surgeon if the pain and swelling continue or becomes worse.
5. If the Ice Man is not working properly, please call the Don-Joy Sales Representative at 1-888-405-3251.

Source: <http://www.jointhehealing.com/pages/productpages/iceman.html>

APPLICATION INSTRUCTIONS

Before applying, please read these instructions completely and carefully.
Correct application is vital to proper functioning.

Intended Use: • Reduction of pain • Reduction of edema



CAUTION: Do not wrap the pad so tightly as to restrict blood or fluid flow. Do not use pins or allow pad to come in contact with sharp objects.

USE AND CARE

- Hand wash in warm water with mild soap, rinse thoroughly. AIR DRY.
- Note: If not rinsed thoroughly, residual soap can cause irritation or deteriorate material.
- For single patient use.
- A sterile impermeable dressing should always be placed between the Cold Therapy pad and the skin.

WARNING: THIS PRODUCT IS TO BE USED UNDER THE SUPERVISION OF A MEDICAL PROFESSIONAL. THIS DEVICE IS NOT INTENDED FOR UNSUPERVISED PUBLIC USE. IF YOU EXPERIENCE ANY PAIN, SWELLING, SENSATION CHANGES, OR ANY UNUSUAL REACTIONS WHILE USING THIS PRODUCT, CONSULT YOUR MEDICAL PROFESSIONAL IMMEDIATELY.