

INSTRUCTION MANUAL

Thermal compress

Product code: **WB-804, WB-NT-630, WB-NT-600**

WBA8008, WBA8010, WBA8012



Dear Users,

Thank you for purchasing our product. We hope that the equipment you have selected will meet your expectations. In this connection we present some important information. Timago International Group is a Polish company distributing rehabilitation and orthopaedic medical products to pharmacies and medical shops.

Every day we care about your comfort by offering high quality, functional and safe products.

We have many years of experience in the industry. Our products through distributors reach a wide range of users in Poland and Europe.

As a company we are open to your needs. We want you to consciously and skilfully use our products in treatment and rehabilitation, improving your own comfort and quality of life. We invite you to read other information on our website.

www.timago.com

1. Introduction

Before using the product, please check for any damage which may have occurred during transport. If this has occurred, please contact your point of sale.

Then, it is important to read this manual which contains important information for the user.

If you have any questions about using the equipment, please contact us. Our employees will provide you with the necessary information on an ongoing basis.

Please also note that if you have any questions on anything other than the use of the products, please contact your doctor, nurse or physiotherapist.

2. Heat therapy

The heat therapy causes, among other things, vasodilation of blood and lymphatic vessels at the site of action (local reaction), increase in tissue temperature, increase in blood flow, increase in diffusion through the walls of capillaries and stimulation of cellular metabolism. It thus influences the processes of healing inflammatory conditions.

Apart from the effect on blood vessels, heat has a pain-relieving effect, reduces muscle tension, has a relaxing effect and causes mental relaxation. The skin temperature during the procedure is usually 39-41°C and is optimal for metabolic processes. The skin, initially pale, quickly becomes red, which means local vasodilatation of blood vessels, reducing soreness depending on the severity.

a) Preparation (in the microwave or in hot water):

! IMPORTANT Before use, the product must be checked for external damage and leakage. If any abnormalities are found, do not prepare the product for therapy.

! To prepare the compress for heat treatment, make sure it is at room temperature and the gel inside is evenly distributed. Then place the compress in the microwave oven and heat for about 50 seconds. The second way is to place the compress in hot water, after removing the dish from the heat source, and heat the compress for 7-10 minutes. After removal, the compress should be dried and checked for damage on the seams. After heating, check the temperature with the inside of the wrist. If it is too hot, wait until the temperature drops.

! NOTE Please note that microwave ovens have different power levels. The heating time should be adjusted individually to the user.

! After preparing the compress for heat therapy and checking its temperature, insert the compress into the bandage and fasten it with Velcro (models: WBA8008, WBA8010, WBA8012) or wrap it in a cotton nappy and apply it to the treated area (models: WB-804, WB-NT-630, WB-NT-600). To increase the effect the patient can be additionally covered with a towel or a blanket

! ATTENTION If the patient feels any discomfort, remove the compress from the patient and wait for it to cool down. During the procedure it is essential to monitor the patient's well-being and, if necessary, discontinue the procedure.

The duration of the procedure in the heat therapy is 20-25 minutes. After the treatment it is recommended to drink a glass of mineral water and rest for about 10 minutes in order to stabilise the blood pressure.

b) Indications:

Reduction of pain, joint contractures, scars, post-operative adhesions, some peripheral nerve palsies, injuries to ligaments and joint capsules, joint disorders of various etiologies, degenerative and deforming changes, RA, AS, as preparation for rehabilitation exercises.

c) Contraindications:

Skin sensory disorders, acute period of the disease, tumours, neuroses, hyperthyroidism, hypertension, diseases with bleeding, skin lesions, varicose veins, elevated body temperature.

3. Cold therapy

Cold therapy is based on a two-phase action. First there is a cooling of the skin, stimulation of the sympathetic nervous system which causes constriction of blood vessels. Then, there is a slight increase in blood pressure and stimulation of metabolism, which results in increased production of cellular heat.

In the first phase the skin is cold and pale. Initially the so-called "goose skin" may appear. In the second phase, the regulatory mechanisms are activated, blood vessels are dilated (vascular reaction), which causes the patient to feel pleasant warmth.

The correct and pronounced occurrence of the reaction is a basic condition for obtaining the results of the treatment. Some people may have an abnormal reaction manifesting itself as: lack of reddening of the skin, shivering, unwellness, paleness of the skin, increased pulse rate - in such case the treatment should be absolutely stopped. The application of the therapy favours the inhibition of oedema formation, reduction of lymph production, reduces the tendency to bleeding.

a) Preparation (in the freezer):

! IMPORTANT Before use, the product must be checked for external damage and leakage. If any abnormalities are found, the product must not be prepared for therapy.

! To prepare the compress for a cold treatment, place it in the freezer for approx. 2 hours before the treatment. After removal, the compress should be placed in a bandage and fastened with Velcro (models: WBA8008, WBA8010, WBA8012) or wrapped in a cotton nappy and applied to the treated area (models: WB-804, WB-NT-630, WB-NT-600). The treatment should last until a vascular reaction occurs, however not longer than 15-20 minutes.

! ATTENTION During the treatment, it is necessary to control the condition of the skin every 3-5 minutes, not leading to excessive frostbite. The use of cold therapy compress in case of injuries, including sports injuries should be applied up to 48 hours after their occurrence.

! NOTE When the patient experiences discomfort or deterioration, remove the compress from the patient and discontinue the treatment.

b) Indications:

Conditions after trauma and overloading of the musculoskeletal system (e.g. muscle tears), joint dislocations and sprains, inflammation of periarticular tissues, acute period of RA, pain conditions in the course of degenerative disease, neuralgia and pain syndromes, states of increased muscle tension, temperature reduction in sub-febrile and febrile states, tissue swelling.










c) Contraindications:

Circulatory insufficiency, low blood pressure, insufficient adaptation to cold, cold sensitivity, lack of skin and body reactivity to cold, arteriosclerosis, diabetes, diseases with vasospasm, states of cachexia and weakness, cystitis, Sudeck's syndrome, skin lesions, frostbite.

4. Warranty data

All products distributed by our company are covered by the warranty, the terms of which are described in the warranty card you received upon purchase. We would also like to point out that the proof of purchase (receipt or invoice) must be retained for guarantee purposes. As a user-friendly company, we only supply products that are proven in terms of material, quality and functionality. If you have any questions regarding the service procedure, please contact us.

5. Labels

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|---|--|---|----------------------------------|
|  | Reference number |  | Manufacturer |
|  | LOT number |  | Manufacture date |
|  | Serial number |  | Representative in European Union |
|  | Note |  | Please read the instruction |
|  | The Manufacturer checked for compliance with essential medical devices requirements. | | |

6. Recommended products

Products offered by Timago International Group include:

- Orthoses and joint stabilizers
- Manual and special-use wheelchairs
- Walkers and rollators
- Crutches and canes
- Rehabilitation beds
- Ancillary and sanitary equipment
- Anti-decubitus equipment and accessories
- Stabilizing and immobilizing belts
- Electro-medical equipment
- Disposable medical equipment

Our complete line of products is available from our distributors.
Learn more at: timago.com.



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