

# Instructions and FAQ's



## GelPax Products and Gelpakwärmers

HEAT AND COOL TO YOUR HEART'S CONTENT

### What are GelPax and Gelpakwärmers products?

They are product lines targeted for personal comfort, based on a reusable hot and/or cold gel pack. GelPax are hand made at The Sanfield Group Inc. in Calgary. The hot/cold gel packs are used as part of our exclusive Gelpakwärmers line so that you can keep warm in any conditions. Just **Heat** or **Cool** to your heart's content!

### How to Heat your GelPax:

- Distribute gel evenly and place gel pack in microwave for 30 second intervals. Knead the gel from side to side to distribute the heat evenly until the desired temperature is reached.
- Please use Caution! Gel can get **extremely HOT!** DO NOT OVERHEAT! Microwave times may vary.
- If the customized label gets misplaced in the gel pack, place the pack upside down on a flat surface and press the label towards the front gently with your fingers from the opposite side.

### Heating in Hot Water:

- Bring 2 - 4 litres of water to a boil. Remove from heat.
- Immerse gel pack into hot water for 5-10 minutes until desired temperature is reached.

### How to Cool your Gel pack:

- Place the gel pack in the refrigerator for 1 - 2 hours before using.
- If placed in the freezer, the gel pack will freeze solid, unless it is a Soft Ice gel pack. To heat, simply thaw in warm water and microwave or heat in boiling water.

### What happens if I need to replace my product's gel pack?

Gel pack replacements are available for all of the GelPax and Gelpakwärmers products. Simply call The Sanfield Group Inc.'s number (403) 228-0227 or 1-800-995-0197 and we will take your replacement order.

### How long do the Gelpakwärmers stay warm?

The length of time that they stay warm is dependent on: the size of the gel pack, how much you heat it initially, and the surrounding temperature.

### What is the expected life of a gel pack?

The gel packs are made of durable poly/nylon plastic. They will last a very long time if treated well. Use care when you place it in the freezer. If you overheat the gel pack, it may cause the plastic to weaken over time and puncture. Please follow the above directions for use. **KEEP OUT OF DIRECT SUNLIGHT.**

### Is the gel in the pack toxic or harmful if punctured?

The gel is a non-toxic polymer and the colour is food grade so it is not harmful. If the gel pack is punctured or leaks, simply clean up the gel and rinse with water.

### HEAT THERAPY

Heat therapy is good for increasing flexibility in tight muscles, and reducing muscle spasms. Heat draws blood into the tissues, delivering oxygen and nutrients and removing cell wastes.

Heat therapy is often used for chronic injuries, like sore stiff muscles or joint pain. Heat therapy can be used before exercise to increase the flexibility of joints and to increase blood flow. It should not be used when there is swelling and inflammation because heat therapy increases circulation and increases skin temperature. Use heat therapy for 15 to 20 minutes at a time and be sure to have a suitable barrier between the heat source and your skin.

### COLD THERAPY

Cold therapy can also be used to alleviate muscle spasms, reduce swelling, kill pain and lower metabolic activity. Cold therapy slows the circulation which reduces swelling, and deadens nerve cell activity, giving pain relief.

Ice packs should be applied for 10 to 20 minutes at a time, and the skin temperature should be allowed to return to normal between applications. Ice packs should not be left on the skin for too long. It is best to apply ice immediately to an acute injury. Some chronic injuries can also benefit from icing: always ice after using the affected muscle or joint, never before.

The R.I.C.E. technique is commonly used in treatment of acute sporting injuries.

**R** Rest - the affected muscle. No exercise and no stretching.

**I** Ice - Apply ice pack for 10 to 20 minutes every two hours for the first 48 hrs. after the injury.

**C** Compression - Keep the muscle firmly bandaged for the first 2 days.

**E** Elevation - Rest the injured area in an elevated position until the swelling decreases.