

Instructions and FAQ's



GelPax Products and Gelpakwärmers

HEAT AND COOL TO YOUR HEART'S CONTENT

What are Gelpakwärmers and GelPax products?

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

How to Heat your GelPax:

- Take gel pack out of the fleece pouch. Distribute gel evenly and place it 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 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.
- Please use Caution! Gel can get **extremely HOT!** DO NOT OVERHEAT!

How to Cool your Gel Pack:

- Place the gel pack in the freezer for 1 - 2 hours before using.
- To heat from the frozen state, simply thaw in warm water and microwave or heat in boiling water.

**All Gelpakwärmers fleece pouches are washable.
Machine wash in cool water and tumble dry low.**

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.

What is the expected life of a gel pack?

The gel packs are made of very durable poly/nylon plastic. They will last a very long time if treated well. The plastic is strong but it can be punctured or damaged especially when frozen. If you overheat the gel pack, it may cause the plastic to weaken over time and puncture. Reasonably priced replacements are available for all products. Please follow 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, and always ice after using the affected muscle or joint, never before.