

Pain relief

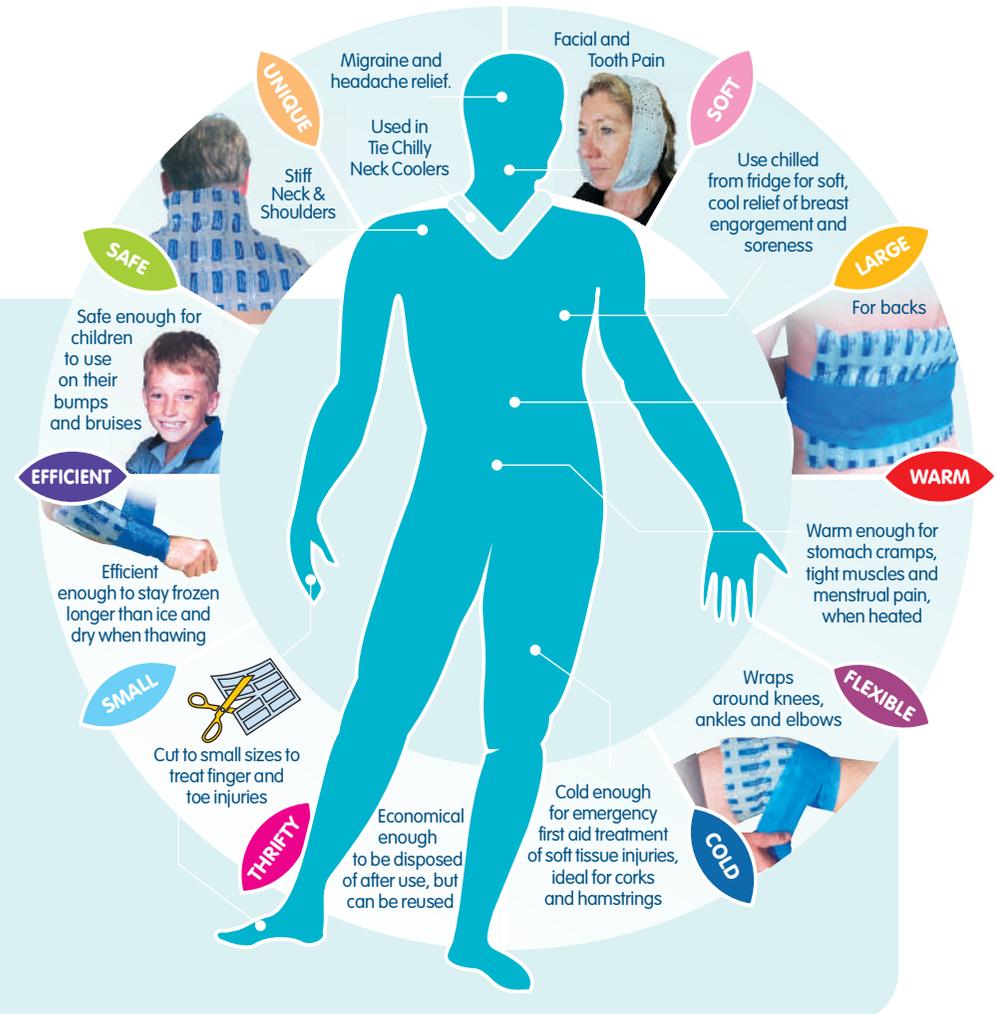
safe+easy

THERMAL THERAPY...why it works

Cold placed against a heat-generating bruise, will absorb the heat and slow blood flow to the area giving a sense of relief. Cold therapy also numbs nerve endings. This stops the transfer of impulses to the brain that register as pain.

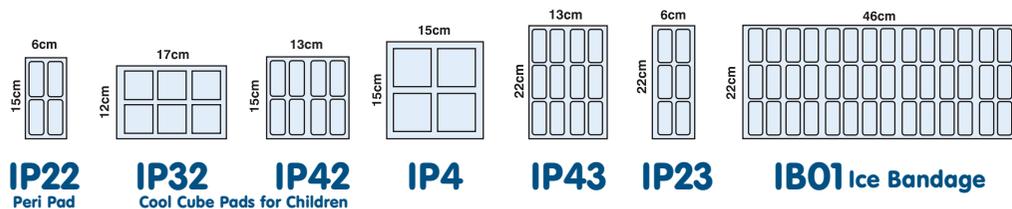
Heat works in the opposite way, it promotes blood flow, relaxes and eases tight muscles. It is therefore ideal for injury rehabilitation, back aches and stomach cramps.

Medichill Cool Cubes are easy to use and apply



Medichill 'Cool Cube' ice pads and ice bandage sizes

To find out what size is best for you visit www.medichill.com and remember you can **cut between the cells** to create a shape and size that best suits the site to be treated as well as **saving money** on each application. Protective covers are available in 4 sizes.



Top Tips for using Medichill

Ensure Cool Cubes are fully hydrated prior to use. This ensures the Cool Cubes stay **frozen longer**.



Cold therapy should be applied for up to 20 minutes per treatment. Apply with the fabric side to skin as the plastic side is colder. People with sensitive skin should use the Medichill Ice Pad Covers. **People with poor circulation should not use cold therapy.**

To **aid cleanliness store your Cool Cubes in a plastic bag** or the Medichill Insulated Storage Bag when freezing. When storing frozen Ice Bandage, lay flat, or roll into plastic side to avoid sticking in some freezers.

Medichill Ice pads dehydrate over time, do not dispose, simply **re-hydrate and re-use**. Hot water hydrates faster than cold. If a cell is punctured simply wash out the cell and re-use the sheet.

Dental/Facial Cool Cube pads and Head Cover

Rated between 9 to 10 out of 10 on hospital evaluation trials.

- LIGHTWEIGHT
- FLEXIBLE
- DISPOSABLE
- LATEX FREE

