

Hot 'n' Cold

Forehead Pad - PHC 160

Thank you for purchasing the PROTON Hot'n'Cold Eye Pad.

INSTRUCTIONS FOR USE

Please read the entire content in this leaflet carefully before using the product.

Proton Hot'n'Cold Forehead Pad has been specially designed to provide effective control over rising fever, sinus, headaches and migraines.

The soft, durable, portable and economical Forehead Pad provides a safe and drug free treatment for home and leisure use.

PRECAUTIONS

Remove facial make-up if any, contact lenses or spectacles before use of the Forehead Pad.

People with circulatory disorders and any pre-existing medical conditions, should use the Forehead Pad only after consulting a doctor.

It is advisable to use the protective cover provided or a thin towel to avoid burns or frostbites.

The Forehead Pad could get damaged or punctured by overheating or if extra pressure is applied on the pad.

If the gel leaks and cause scalds, seek medical advice.

Discard the Forehead Pad if it is damaged or punctured.

Do not heat in a conventional oven or grill.

The Forehead Pad contains non-toxic gel filling. However, if the contents come in contact with the skin, clothing or other fabrics, wash with water and a mild soap.

For external use only.

COLD THERAPY

Cold therapy provides effective control over rising fever, sinus, headaches, migraines and also to reduce everyday stress.

Cold applications help reduce aches and pains.

Place the Proton Forehead Pad (without the protective cover) in a freezer or the ice compartment of a refrigerator, for at least two hours. (The Forehead Pad may be stored in the above manner for immediate use anytime.)

Remove facial make-up if any, contact lenses or spectacles before use of the Forehead Pad.

Place the Forehead Pad gently over the forehead and secure at the back to obtain comfort. Take away the Forehead Pad if it feels uncomfortable.

Place the Forehead Pad into the protective cover provided or a thin towel before use, if required.

HOT THERAPY

Heat therapy aids healing process and helps to increase blood circulation around the forehead, thus providing comfort and warmth.

Attention: If you are not sure which treatment to use, seek advice from your doctor.

Heating by hot water

Soak the Proton Forehead Pad in boiling water (away from direct flame) for at least 5 minutes.

Remove from the boiling water and wipe it dry. Check the temperature of the Forehead Pad by placing it on the back of your hand before use.

Remove facial make-up if any, contact lenses or spectacles before use of the Forehead Pad.

Place the Forehead Pad gently over the forehead and secure at the back to obtain comfort. Take away the pad if it feels uncomfortable.

Place the Forehead Pad into the protective cover provided or a thin towel before use, if required.

Heating by microwave

Proton Forehead Pad may be heated in a microwave. Heating time will vary depending on the microwave used.

Place the Forehead Pad in a microwave safe container and fill with water until the pad is completely immersed.

To determine heating time, heat the Forehead Pad repeatedly for 30 second intervals until the required temperature is achieved.

Remove the Forehead Pad carefully from the water and check the temperature of the pad by placing it on the back of your hand before use.

Remove facial make-up if any, contact lenses or spectacles before use of the Forehead Pad.

Place the Forehead Pad gently over the forehead and secure at the back to obtain comfort. Take away the pad if it feels uncomfortable.

Place the Forehead Pad into the protective cover provided or a thin towel before use, if needed.

If required, the Forehead Pad can be heated again and re-used.

CONTENTS OF THE PACK

1 unit of Proton Hot'n'Cold Forehead Pad, 1 protective cover and an instructions leaflet.

MAINTENANCE & CARE OF PACK

The Proton Hot'n'Cold Forehead Pad is reusable. It can be washed with mild detergent after every use to remove any grease, sweat or dirt particles.

PROTON Healthcare Ltd., U.S.A. has a complete range of Hot'n'Cold therapy health products. They come in various shapes and designs to suit your specific requirements. Kindly ask your local PROTON products stockist for more details or visit www.protonhealthcare.com or write to info@protonhealthcare.com