



Cold Therapy Unit – BREG Polar Care Cube

APPLICATION:

Day 1-4 30 minutes on, 30 minutes off. As needed for pain control.

Inspect Skin under pad every 1-2 hours.

Day 5+ As needed for pain control.

Inspect Skin under pad every 1-2 hours.

INSTRUCTIONS:

1. Remove the lid on the Cold Therapy Unit.
2. Fill the Cold therapy Unit with water up to the lower line 1.
3. Fill the Cold Therapy Unit with ice up to the upper line 2.
4. Secure the lid on the Cold Therapy Unit.
5. Apply the pad to the body part (the blue side should be facing away from the skin), use a barrier between pad and skin (such as a light towel or shirt), making sure pad is not in direct contact with the skin. Attach the Velcro to the pad and secure the pad to the body part. Pad should fit snug, not tight.
6. Connect the pad to the Cold Therapy Unit pump hose; you will hear an audible “click.”
7. To turn the Cold Therapy Unit on, plug in the AC adapter to the Cold Therapy Unit and plug the other end into the wall outlet.
8. The Cold Therapy Unit will emit a low sound letting you know the pump is on.
9. Be sure to inspect the skin under the pad every 1-2 hours.
10. You will need to refill the ice approximately every 6 hours, so be sure to stock up on ice beforehand.
11. If you experience any adverse reactions, such as: increased pain, burning, increases swelling, itching, blisters, increased redness, discoloration, welts, or any other changes in skin appearance, stop using and contact your physician immediately.
12. To stop or turn off the Cold Therapy Unit, simply disconnect the electrical power from either the Cold Therapy Unit or the wall.
13. To disconnect the pad from the Cold Therapy Unit pump hose, depress the two metal tabs on the hose coupling and gently pull apart. A small amount of water may drip out when performing this step, it is recommended to perform this step over a towel.
14. If you have any questions or problems please contact the DME coordinator:

Berkeley office: Tsumbia - 510-267-4027

Dublin office: Alex - 925-556-7347

San Ramon office: Omega - (925) 973-5753

Main office: 1-800-943-8099