



RECOVERY CARE PRODUCTS  
THE GIFT OF RECOVERY



## ***PLUSH CLAY PACKS***

### **Hot & Cold Therapy** Reduces Swelling & Bruising

#### **Ideal For: Plastic Surgery & Cosmetic Treatments**

- Easily Molds and Conforms to Body
- No Mess, No Leaking
- Flexible, Reusable and Safe
- Drug Free Alternative for Pain
- Biodegradable and Environmentally Safe
- 5 Different Sizes Available

#### **Ingredients**

- Pliable Pad with Natural Clay, Glycerin and Water

#### **Directions**

- Please adhere to your physician's protocol for this product
- A general rule of thumb is use cold for acute injuries or pain, along with inflammation and swelling; use heat for bruising, muscle pain or stiffness

#### **To Use Cold**

- Freeze for at least 2 hours
- Apply to the relief area for the doctor recommended time of 20 minutes

#### **To Use Hot**

- Wrap pack in moist cloth or paper towel
- Microwave for 30 seconds
- Add additional 10 second intervals until desired temperature is reached
- Before reheating, check if the temperature of any parts of the pack is too high (normally occurs at the edge of the pack)

#### **Cold Therapy Tip**

- Applying a cold treatment early and often for the first 48 hours will help decrease swelling around an injury and will help to control the pain.

#### **Heat Therapy Tip**

- Never apply heat treatments on an acute injury, infection, open wound, fresh injury or where swelling is involved.