BIOS living™

COLD THERAPY SOCKS

PM203/PM204/PM205

For Cold Therapy:

Place your gel pack in the freezer for 2 hours. The gel pack will stay flexible even when frozen. Take it out of the freezer and place it in the provided therapy socks, now you can use it on your feet or injured area.

Cold use: Provides cold therapy to manage pain, inflammation and swelling.

For Hot Therapy:

Microwave: Evenly distribute the gel within the pack. Heat each gel pack on high for 20 seconds. If the pack is too hot, let it sit for 1 minute before use. If the pack is not hot enough, heat in 10 second intervals until desired temperature is reached. Maximum of 40 seconds, then allow 30 seconds to cool before using. Always flip the pack over between heating intervals. Carefully put the gel pack in the provided sock and apply to injured area.

Hot use: Provides heat therapy for temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.

How to Use:

1. Freeze or heat gel packs.
2. Insert small gel pack into the front pocket.
3. Insert large gel pack into the bottom pocket.
4. Insert small gel pack into the back pocket.
5. Put feet into the socks.

Use in a relaxed position do not walk with the gel packs and socks on.

⚠ Warning & Care Instructions:

1. For the time of use of cold or hot therapy, Doctors recommend using a gel pack for a maximum of 20 minutes. Wait at least 20 minutes or until your skin has returned to normal temperature before applying again.
2. **DO NOT** apply the gel pack directly to your skin. Always use the provided sock or a towel. Gel packs can cause burns or frostbite.
3. **DO NOT** use a hot gel pack if you have poor circulation or diabetes, or on an open wound or stitches.
4. Discard if the gel pack is punctured or leaking.
5. Keep out of reach of children.
6. Always consult a medical professional for advice about treatment of injuries or irritation. If discomfort or pain results, persists or increases, discontinue use and consult a physician.

Material:

Socks: 92% Polyester, 8% Elastane

Gel Pack outer materials: 100% Polyester composite PVC

Gel Pack inner filling gel: 72% Water, 20% Glycerol, 8% Cellulose, carboxymethyl ether, sodium salt

Washing Instructions:

Sock: Hand wash with mild detergent or light machine wash, hang to dry.

Gel pack: Wipe with a damp towel or spray with rubbing alcohol then wipe off.

1 Year Warranty

The BIOS Living™ Cold Therapy Socks have a 1 year limited warranty to be free of manufacturing defects in materials and workmanship under normal applications for 1 year of the original owner. If this product becomes inoperable due to defect, return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage.

Ship the unit prepaid and insured (at owners option) to:

Thermor Ltd.
Attn: Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1
www.biosmedical.com
Email: support@biosmedical.com
Telephone: 1.866.517.2970



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