

# SMI WRAPS USE INSTRUCTION SHEET

Welcome to the SMI Cold Therapy standard of comfort & relief!

Please follow these instructions to get the maximum results from your wrap and to prevent any injuries.

- The SMI Gel Pouch acts as a protective barrier. **NEVER** place frozen or heated Gel Bags directly onto skin, as this may cause skin damage or frostbite injuries.
- All SMI Cold Therapy products are 100% Latex-Free and the Gel Bag ingredients are non-toxic.
- In the unlikely event that there is exposure of gel bag contents to the eyes, immediately flush with water and seek medical treatment as a precaution.

## Cold Therapy Instructions

- Cold Therapy should be used for joint pain/discomfort due to it reducing blood flow to a particular area with the following effects:
  - Relieving pain
  - Reducing acute inflammation & edema (swelling)
  - Temporarily reduce nerve activity
  - Promoting soft tissue healing
- Place Gel Bags in a freezer set  $\frac{3}{4}$  of the way to max temperature for at least (4) Hours. For best results, don't stack the gel bags. Lay them flat and side-by-side in the freezer.
- When ready, the ice pillows inside the gel bags should be frozen solid and the rest should be slushy and malleable.
- Gel Bags that have been stored in a freezer for an extended period of time may require a (10) minute period of softening up in a room temperature environment before application.
- The SMI Cold Therapy Wrap is designed for maximum mobility. The compression straps can be secured well enough so that the Wrap won't fall off while moving. Compression also helps to properly drive the cold into the joint for best results.
- Wrap Application Videos can be viewed at: [smiwraps.com/video-library](http://smiwraps.com/video-library).
- An additional protective barrier such as clothing, a washcloth, hand towel or pillowcase may be used during prolonged treatment applications.
- Cold Therapy is contraindicated for the following conditions: Peripheral vascular disease, deep vein thrombosis (DVT), cognitive impairment, skin sensation impairment, and cold allergies.

## Heat Therapy Instructions

- Heat Therapy should be used for muscle pain/discomfort due to increases blood flow to a particular area with the following effects:
  - Soothing muscle discomfort
  - Increasing muscle flexibility
  - Relaxing and soothing muscles
  - Healing damaged muscle tissue
- Heat a room temperature gel bag in a microwave on the “high” setting for (30) seconds.
- If needed, continue to heat at full power for no more than (10) additional seconds until the gel is warmed evenly to the touch.
- Carefully place the gel bags in the gel pouch and apply to the effective area.
- Do not heat the gel bag in the microwave for longer than a total of (40) seconds as this may cause a severe burn.
- Never apply frozen or heated gel bags directly onto the skin. Always place them inside the SMI wrap during your treatment.
- Heat Therapy is contraindicated for the following conditions: Bleeding disorders, local malignancy, peripheral vascular disease, acute trauma, swelling, neuropathy, and cognitive impairments.

## SMI Wrap Care Instructions

The SMI Cold Therapy Wrap may be machine or hand washed. AIR DRY ONLY. Take care to not let lint, dust, or hair encounter the hook and loop tabs, as they will lose their ability to provide a secure fit.

Per TSA guidelines, SMI gel bags will not pass through airport TSA checkpoints unless they are frozen or partially frozen.

## SMI Re-order Information

Additional SMI body specific wraps and/or Gel Bags can be re-ordered from: [smicoldtherapy.net](http://smicoldtherapy.net) or call 877-ICE-WRAP (877-423-9727).

SMI Cold Therapy, LLC.  
60 Commerce Road  
Rocky Mount, VA 24151  
[smicoldtherapy.net](http://smicoldtherapy.net)

**100% Made in the USA**

