

ICE COMPRESSION

USER GUIDE FOR WRIST SPLINT

IMPORTANT

Read this entire User Guide including all warnings, contraindications and cautions before using your Ice Compression Splint.

Failure to understand and follow instructions contained here may result in serious bodily injury.

The ICE COMPRESSION FIRST, ICE COMPRESSION DUO, and MOOVE combine cold and compression therapies. They are intended to treat post-surgical and acute injuries to reduce edema, swelling, and pain where cold and compression are indicated. They are intended to be used by or on the order of licensed healthcare professionals in hospital, outpatient clinics, athletic training settings, or home settings.

The Ice Compression Wrist Splint comes in two sizes :

	Medium	Large
Length :	16"	18"
Top Circumference :	11"	13"
Bottom Circumference :	9"	11"

Rx ONLY

WRIST SPLINT APPLICATION

For Use With with ICE COMPRESSION System Models:

FIRST
DUO
MOOVE



First, hold the splint with the connectors toward you and place your hand with the thumb up



Third, with the Ice Compression Wrist firmly applied, ensure a tight fit

Do not wrap too tightly to cause any pain.



Next, attach the Ice Compression Splint to the connector hose and connect the connector hose to the Ice Compression Control Unit by connecting the dual connectors together and the single connectors together.

Listen for an audible "click" for each connector.

Last- Turn the device ON. Select the splint you just connected on the device, then choose the desired program.



Second, insert your thumb inside the hole

Wrap the straps completely around your wrist with the logo facing inside.

HOW TO CLEAN YOUR ICE COMPRESSION SPLINT

1. Lay your splint on a flat surface. With the logo side up, open the velcro pocket or unzip (depending on your model) and remove the 2 bladders, dry off and set aside and store in a clean dry area.
2. Wipe the inside and outside of the splint with a surface disinfectant according to manufacturer's instructions between each use.
3. For maintenance, turn the sleeve inside out. Machine or hand wash the sleeve in cold water add antibacterial soap, mild detergent. Do not use Bleach. Hang to dry away from a direct heat source.

HOW TO STORE YOUR ICE COMPRESSION SPLINT

1. Do not fold your Ice Compression Splint. Folding, excessive bending or stacking objects on top of your splint may cause it to not work properly.
2. When not in use, lay your Ice Compression Splint flat, or hang it using the small black hang loop.

GENERAL INFORMATION



IMPORTANT WARNINGS

- Follow the recommendations of your Medical Provider regarding the proper use of this device. Treatment length of time and frequency of use is individualized.
- The ICE COMPRESSION Splint uses circulating water at a freezing temperature. Improper or prolonged use could result in tissue damage.
- During the course of treatment, the skin surrounding the treated region should be monitored. Observe for signs of burning, itching, increased swelling, or pain in any of the digits on the treated area. If there is any changes in skin color (darkening, excessive redness, mottled appearance) or the presence of blisters on the treated area, immediately discontinue use and consult a Physician.
- During the immediate postoperative period, use extra caution. Persons who are sedated or on any medication may have altered pain sensation. Check the skin temperature of treated region frequently and do not use the coldest setting.
- Ice Compression Splints are not provided sterile. Do not apply directly to the skin. Always use with a layer of clothing between the skin and the device. Do not use if the treated area has stitches, the presence of a rash, infection or an open wound
- Review all the attached Contraindications for use prior to using device
- Use carefully. May cause serious burns. Do not use over sensitive skin areas or in the presence of poor circulation. The unattended use of the device by children or incapacitated persons may be dangerous."

USER NOTES

- When in use, ensure connector hose is free of bends, folds or kinks which may impeded water flow. Avoid folding, bending or stacking objects on the splint at all times, especially when not in use.
- Ice Compression Splints are available in multiple sizes and configurations and each design is only for its intended use. For example, the Wrist Splint is not designed for use on the toes and the Back Splint is not designed for use in the hip region.
- To avoid fire or other hazards, do not use other manufacturers' Splint with the Ice Compression Control Unit.

WHEN SHOULD MY PRODUCT BE REPLACED FOR BEST SAFETY?

The life expectancy of Ice Compression sleeves and bladders will vary widely. Please refer reference chart below to determine when to replace your product.

When to replace the **Outside Sleeve**

Industrial Use (Professional training/multi-person).....	3 months
Medium Use (Single person).....	6 months
Light Use (Single person).....	12 months

When to replace **Water and Air Bladder**

Industrial Use (Professional training/multi-person).....	12 months
Medium (Single person).....	18 months
Light Use (Single person).....	24. months

MANUFACTURER WARRANTY INFORMATION

Sleeve: In case of manufacturer defect, Sleeve may be returned within 10 days of purchase.

Water/Air Bladder: In case of manufacturer defect. Bladders may be returned up to 6 months from date of purchase.

CONTRAINDICATIONS FOR USE

Compression Therapy is contraindicated for:

- Patients with severe phlebitis in the part of the body to be treated.
- Patients with a history of or is predisposed to a diagnosis of severe venous thrombosis or pulmonary embolism in the part of the body to be treated. The same is true for patients who have been prescribed extended medical rest.
- Patients affected by significant arteriosclerosis or any other ischemic cardiovascular disorder in the part of the body to be treated.
- Patients where the part of the body to be treated has a sensitive lymphatic or venous blood flow (as can be the case with cancer).
- Patients suffering heart failure.
- Patients presenting with any significant risk factors or clinical signs of embolism (for example, pulmonary embolism, cerebral infarction, atrial fibrillation, endocarditis, myocardial infarction or embolic atherosclerotic plaque).
- Patients with decompensated hypertension in the affected area.
- Patients with an open lesion in the affected area (the lesion should be covered with a dressing before using the ICE COMPRESSION system).
- Patients with an unstable (untreated) acute fracture in the affected area.
- Patients under the age of 18, or patients with barriers to communication, be they temporary, drug-related or permanent.
- Patients presenting with an unstable localized skin condition (e.g. dermatitis, venous ligation, gangrene or a recent skin graft) in the affected area.

Cryotherapy is contraindicated for patients:

- Patients suffering from heart failure or congestive heart failure (with associated edema of the limbs or lungs).
- Patients presenting with an unstable localized skin condition (e.g. dermatitis, venous ligation, gangrene or a recent skin graft) in the affected area.
- Patients suffering from a serious vascular insufficiency in the area of the affected limb.
- Patients suffering with erysipelas or other active infection in the affected area.
- Patients suffering from cryoglobulinemia or hemoglobinuria.
- Patients with Raynaud's disease or hypersensitivity to cold (cold urticaria).
- Hypersensitive patients or patients with extremely low blood pressure.
- Diabetic patients.
- Patients with compromised local circulation or neurological impairment (including paralysis or localized impairment due to multiple surgeries) in the affected area.
- Patients with rheumatoid arthritis in the affected area.
- Patients under the age of 18, or patients with barriers to communication, be they temporary, drug-related or permanent.

FOR MORE INFORMATION

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Warning: To comply with California Proposition 65, the following warning has been included: This product contains chemicals known to the State of California to cause cancer, birth defects or other reproductive harm.