

## Cold Therapy Machine



Cold therapy machines provide cold relief when dealing with musculoskeletal injuries. They are a great option after sprains and strains or for post-surgical recovery. Cold therapy machines work by circulating water through an ice reservoir which is then connected to a compressive wrap. The combination of compression and cold, along with a more consistent temperature vs. melting ice, can speed recovery and decrease the hassle with using standard ice packs.

### Instructions for using BREG Polar Care, Kodiak cooler or similar icing machines

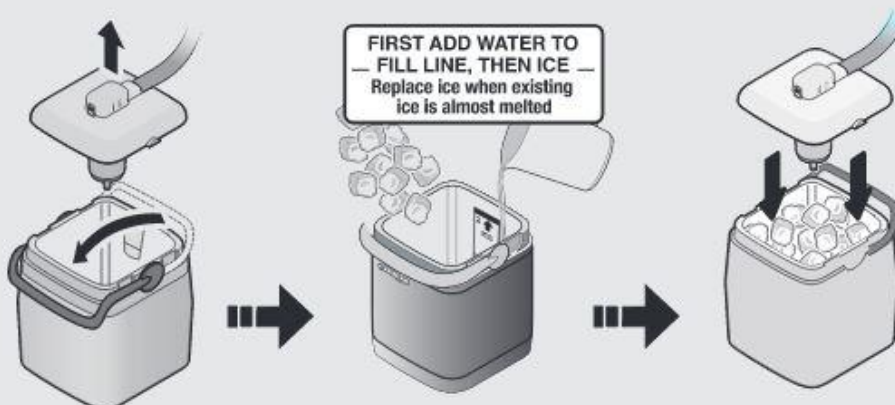
(The following instructions are taken from the BREG brand cooler, but remain relevant for almost all brands of machines.)

**Use only under the guidance of a physician.**

### OPERATING INSTRUCTIONS

#### Setup

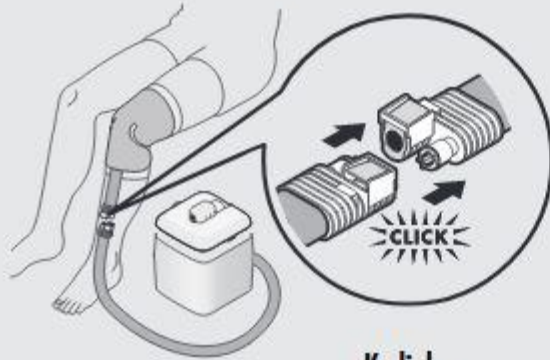
1. To fill:
  - a. Unlock handle and remove lid.
  - b. Fill with cold water to line, then ice to line.
  - c. Replace lid and lock with handle in upright position.



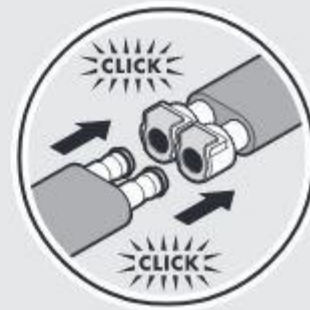
## Coupler Connections

### 2. To connect unit to pad:

- a. Push down on the two metal tabs.
- b. Push connectors together until metal tabs pop up.



Kodiak

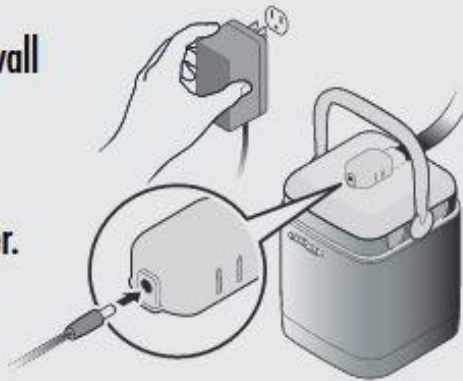


Glacier / Cube

## Operation

### 3. To turn on/off:

- a. Plug power supply into wall and receptacle on lid.
- b. Operation begins automatically with power.
- c. Unplug power supply to turn off.



### Check Skin Frequently



### 4. To refill:

- a. Turn off.
- b. Press down on two metal tabs to disconnect unit and pad.
- c. Remove lid and place upside down on a flat surface.
- d. Drain and follow fill instructions.

**PLEASE REMEMBER TO ALWAYS USE A LAYER OF PROTECTION BETWEEN THE SKIN AND THE THERAPY PAD. FROSTBITE CAN OCCUR!**

## **USAGE TIPS**

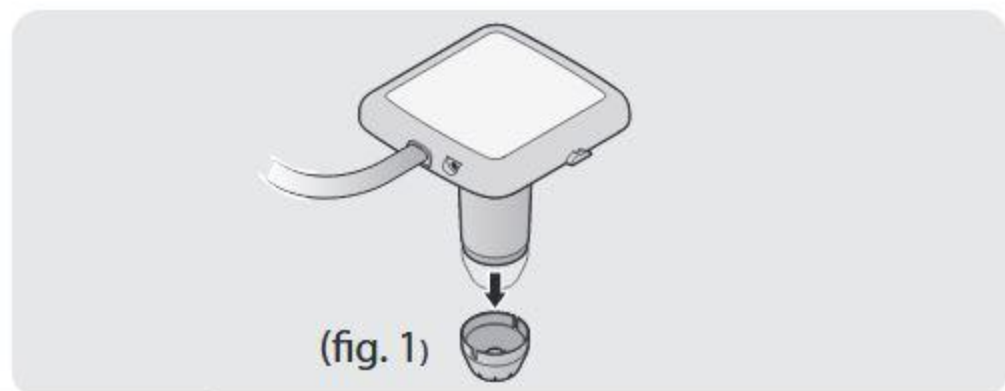
- 1. Use cubed or chunked ice for optimal performance.**
- 2. When using a Breg Polar Care Cold Therapy unit with a detachable Cold Therapy Pad, it is recommended to drain the pad between uses. To drain the pad, hold the Cold Therapy Pad upright with the hose pointed toward the ground. Depress the black plunger and allow the water to drain out of the pad.**
- 3. You may disconnect the Cold Therapy Pad from the unit without removing the pad from the affected area by depressing the silver tabs on the hose coupling and gently pulling the hoses apart. The Breg Polar Care Cold Therapy Pad and unit will seal itself and will not leak. Note: Some dripping during release is normal.**
- 4. DO NOT RUN PUMP WITHOUT WATER!** The pump in this unit is designed to run with water. Running the unit without water will cause permanent damage to the pump.
- 5. Unplug unit before removing lid.**

## TROUBLESHOOTING GUIDE

**Problem: Pump not running, water not flowing to pad, or pad not c**

Possible solutions:

- Use larger ice for optimal performance.
- Allow 10 minutes for flow and pressure to stabilize.
- Ensure power outlet is working and plugs are fully engaged.
- Ensure unit has both ice and water.
- Ensure hose is not kinked.
- Disconnect and reconnect the pad and unit.
- Release air by depressing the black plus-shaped part inside the unit connector. Note: water may be released.
- Place unit on a table or other raised surface.
- Decrease tension of bandages or straps around the pad.
- Remove pad and lay it flat. Allow pad to fill; reapply.
- Clean filter: Disconnect pad. Remove unit lid. Pull filter cap from bottom of lid. Remove foam filter. Rinse filter cap and filter to remove clogs. Reassemble. (Fig. 1).



**Problem: Condensation**

Possible solutions:

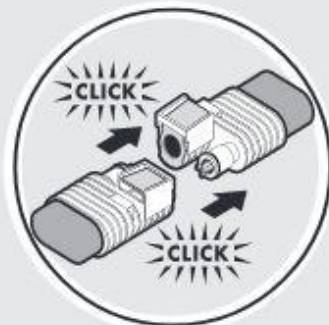
- Wrap material over pad and hose to minimize air exposure.
- Protect the wound site by using a sterile dressing with waterproof barrier.

## Problem: Unit is leaking

### Possible solutions:

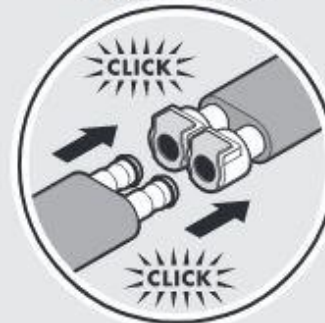
- Disconnect unit connector. Ensure the metal tabs are pressed down; reconnect (fig. 2).
- Apply lubricant to o-rings of connectors.
- If leaking continues, or if a leak is detected in the pad or unit lid, stop using the unit and contact Breg Customer Care at 800-321-0607 or 760-795-5440.

### Kodiak



(fig. 2)

### Glacier / Cube



(fig. 2)

## CLEANING, MAINTENANCE AND SERVICE

After use, empty and dry the unit with a soft cloth. Warm water and mild detergent may be used occasionally to clean the pump and tubes.

**⚠** Avoid flammables and oxidizers. Do not use in places with flammable vapors or gasses (e.g., flammable anesthetics), high oxygen concentrations, or other oxidizers (e.g., nitrous oxide).

### **⚠️ Discuss Treatment with your Licensed Health Care Practitioner**

Provide a complete medical history including any reactions to cold. Certain medical conditions make cold-induced injury more likely. Ask your practitioner about potential adverse reactions and cold-induced injuries.

### **⚠️ Use Only as Prescribed**

Use only according to your practitioner's instructions regarding the frequency and duration of cold application and length of breaks between uses, how and when to inspect the skin, and total length of treatment. Do not use this device if you did not receive or do not understand the instructions. Unless your practitioner provides different instructions, to take a break between uses simply disconnect the power from the unit or remove the pad from your body for a minimum of 30 minutes. Federal law restricts this device to sale by or on the order of a licensed health care practitioner.

### **⚠️ Apply Insulation Barrier & Cold Therapy Pad**

Do not let any part of the pad touch skin. Always use an insulation barrier (such as Breg Polar Dressing, Webril™, Kerlix™, cast padding or elastic bandage) between the Cold Therapy Pad and skin. If a sterile dressing has been applied to the treatment site that does not completely cover the skin under the pad, use an additional insulation barrier. Use only with the Breg Cold Therapy Pads. Other pads may be colder, increasing the risk of serious cold-induced injury, including full thickness necrosis.

### **⚠️ Check for Moisture**

Check for moisture on the barrier between your skin and the cold pad. Discontinue use if the barrier is moist. Change to a dry skin barrier before resuming use.

### **⚠️ Inspect Skin Regularly**

Inspect the skin under the Cold Therapy Pad (by lifting the edge) as prescribed, typically every 1 to 2 hours. Ask your practitioner to instruct you on how to inspect the skin area which is being treated by the device. Do not use the Polar Care unit if dressing, wrapping, bracing, or casting over the Cold Therapy Pad prevents skin checks. Stop using and contact your practitioner immediately if you experience any adverse reactions, such as: increased pain, burning, increased swelling, itching, blisters, increased redness, discoloration, welts, other changes in skin appearance, or any other reaction identified by your practitioner.