

DONJOY®

SHOULDER ICE

Patient Application Instructions

BEFORE USING THE DEVICE, PLEASE READ THE **INSTRUCTIONS FOR USE** COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.

APPLICATION INSTRUCTIONS:

COLD PACK



1. Insert the cold pack into the freezer bag, then place the whole unit in the freezer.



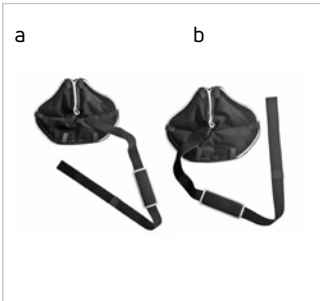
2. After freezing for at least 4 hours (between -12°C and -20°C), take out the cold pack and redistribute the gel if necessary.



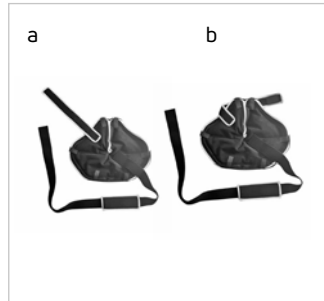
3. Position the cold pack on a flat surface, then place the Lycra fabric over it.



4. Fold back each hook-and-loop fastener and attach to the outside of the cold pack.



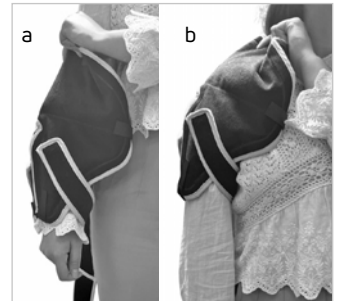
5. For a right shoulder (a), attach the chest strap to the right of the cold pack. For a left shoulder, proceed symmetrically (b).



6. Attach the arm strap to the left side of the red border (a), then attach it symmetrically to the right side (b) where the arrow is.



7. Fold the cold pack in on itself. The rolled-up arm strap should then be at the bottom.



8. Pass your arm through the arm strap (a), then bring the cold pack up to shoulder level (b).



9. Grasp the chest strap on the back with the other hand.



10. Attach this strap to the cold pack.



11. Adjust chest strap positioning, repositioning double-sided hook-and-loop if necessary.



12. Adjust the placement of the chest strap protection at armpit level.



13. Trim excess length of chest strap. Adjust arm strap if necessary.



14. After 20 minutes, remove the straps, replace the cold pack in the bag and return the unit to the freezer.

IMMOBILIZATION STRAP



15. Take the immobilization strap at the buckle. This will then be placed on the side of the shoulder to be immobilized at hip level.



16. Pass the immobilization strap over the opposite shoulder and wedge the buckle between the arm and hip.



17. Slide your arm inside the buckle, then grab the end of the strap and wrap it over your arm at wrist level.



18. Fix the hook-and-loop so that the elbow is positioned at right angles.

INTENDED USE / INDICATIONS:

Post-operative care following shoulder surgery (prosthesis, rotator cuff repair). The cold therapy may help provide analgesic and anti-haemorrhagic effects and reduce edema.

WARNINGS AND PRECAUTIONS:

- This medical device must be used according to the medical prescription of your doctor or according to the recommendations for use of your duly authorized health professional (pharmacist, physiotherapist, orthotist, etc.).
- Cold pack should never be in direct contact with the scar or skin. Systematically use the skin protective fabric/sleeve supplied.
- Cold pack should be soft and frost free before use.
- Do not heat or warm cold pack.
- Respect the number of pumps indicated to inflate the pack. If tingling occurs in the limb, remove and deflate the pack immediately.
- In the event of pain, swelling, unusual sensations, inflammatory or allergic reaction, immediately stop using the medical device and consult your authorized healthcare professional as soon as possible (pharmacist, physiotherapist, orthotist, etc.).
- Do not use this device if it is damaged and/or the packaging has been opened.

CLEANING INSTRUCTIONS:

DonJoy Shoulder Ice compression vest is hand-washable with mild soap.

INTENDED FOR SINGLE PATIENT USE

NOT MADE WITH NATURAL RUBBER LATEX

ORDERING INFORMATION

PART NUMBER	CHEST SIZE	SIZE
82-0163-1	< 120 cm	Standard
82-0163-2	> 120 cm	XL

NOTICE: While every effort has been made in state-of-the-art techniques to obtain the maximum compatibility of function, strength, durability and comfort, there is no guarantee that injury will be prevented through the use of this product.

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