Dry Heat Use
(Hot Water Bottle, Electric Heating Pad)

Dry heat can be extremely useful in helping your tissues and muscles relax and heal. It should be used with caution, however, as excessive heat and/or prolonged exposure can cause burns.

Listed below are a few general guidelines for the use of dry heat:

HOT WATER BOTTLE:
- Fill the hot water bottle 1/2 full. Press out the extra air.
- Close the cap tightly. Cover the hot water bottle with a cloth.
- Lay the hot water bottle on your skin. Cover it with a dry towel.
- Leave the hot water bottle in place for 15 to 20 minutes.
- Repeat every 4 to 6 hours while awake.

ELECTRIC HEATING PAD:
- Cover the heating pad. Use the pad on low heat.
- Do not lie on the heating pad.
- Do not leave the heating pad in place for more than 45 minutes at a time.
- **Do not sleep with a heating pad**.
- If you are diabetic, do not use a heating pad unless instructed to do so by your caregiver.

STOP USING DRY HEAT AND SEEK MEDICAL CARE IF:
- You develop blisters, swelling, redness or any loss of feeling.
- Your symptoms are not improving or are getting worse.
- You have any other questions or concerns.

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