Moist Heat (Warm Packs)

Moist heat will help your injured area heal and feel better.

HOME CARE INSTRUCTIONS

- Wet and wring out clean towels in comfortably warm water. Use Warm, **Not Hot** Water!
- Put the warm, wet towels on the affected area and cover with a waterproof cover. Lay a dry towel over this cover.
- Leave the pack on for 20 minutes.
- Repeat this every 4 to 6 hours while awake.

STOP USING THE WARM PACKS AND SEEK MEDICAL CARE IF YOU HAVE:

- Blisters or redness.
- Loss of feeling or numbness.
- Swelling.
- Any new or severe problems.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 11/23/2005 Document Re-Released: 11/30/2009
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