

# Robax<sup>®</sup> Lower Back and Hip Heatwraps

## with Thermacare<sup>®</sup> Technology

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

**READ THE COMPLETE CARTON PRIOR TO USE AND FOLLOW ALL INSTRUCTIONS. TO REDUCE THE RISK OF BURNS, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE USE INSTRUCTIONS AND WARNINGS.**

**Uses:** Provides temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.

**Directions:** Tear open pouch when ready to use. It may take up to 30 minutes for a Robax HEATWRAP to reach its therapeutic temperature. Peel away paper to reveal adhesive side. Place on pain area on lower back or hip with darker discs toward skin. Over-tightening may cause discomfort. Adjust as needed. For maximum effectiveness, we recommend you wear Robax HEATWRAPS for 8 hours. Do not wear for more than 8 hours in any 24-hour period. If 55 and older, wear over a layer of clothing (or cloth), not directly against the skin.

**WARNING: THIS PRODUCT CAN CAUSE BURNS. CHECK SKIN FREQUENTLY DURING USE. IF YOU FIND IRRITATION OR A BURN, REMOVE PRODUCT IMMEDIATELY.**

**THE LABEL TALKS ABOUT BURNS—SHOULD I BE CONCERNED?** Robax HEATWRAPS have been extensively tested, and most people are able to use them without any problems. However, some conditions increase the chance that using heat might result in burns and blistering. We recommend you take certain precautions.

**55 OR OLDER:** Your risk of burning increases as you age. If you are 55 years of age or older, wear Robax HEATWRAPS over a layer of clothing (or cloth), not directly against your skin, and do not wear while sleeping.

**For all consumers:** If the wrap bunches or folds, the heat cells may get hotter if they come in contact with each other and thus increase your risk of a burn. Never fold a wrap and apply to skin. Be sure the heat cells lie flat; you may need to adjust during wear. Use the appropriate product for the body area you intend to treat. Robax HEATWRAPS are specially designed for the back/hip, and neck & shoulder areas.

**Additional important considerations:** Following all the above recommendations will reduce but may not eliminate the risk of a burn. If you are concerned, consult your doctor as the one most familiar with your health.

**ASK A DOCTOR BEFORE USE** if you have •DIABETES •poor circulation or heart disease •rheumatoid arthritis •or are pregnant.

**ADDITIONAL WARNINGS:** Keep out of reach of children. Each heat disc contains iron (~2 grams), which can be harmful if ingested. If ingested please seek professional assistance immediately. If it comes in contact with your skin or eyes, remove wrap, rinse affected area with water and seek professional assistance immediately. Never heat product in a microwave or attempt to reheat, as wrap could catch fire. **DO NOT MICROWAVE.**

**DO NOT USE** with pain rubs, medicated lotions, creams or ointments •on unhealthy, damaged or broken skin •on areas of bruising or swelling that have occurred within 48 hours •on people unable to follow all use instructions or remove the product, including children, infants and some elderly •on areas of the body where you can't feel heat •with other forms of heat •if heat cell contents leak and/or wrap is damaged or torn.

**When using this product:** Check skin frequently for signs of burns or blisters—if found, stop use. If product feels too hot or skin is painful, stop use or wear over clothing if no signs of skin irritation or a burn are present. Do not place extra pressure over the product such as leaning against hard surfaces, or wearing under tight clothing, a tight waistband or belt. To avoid increased risk of burns, remove product before undergoing any MRI (magnetic resonance imaging) procedures.

**Stop use and ask a doctor:** If pain worsens or persists for more than 7 days. If you experience any discomfort, burning, swelling, rash or other changes in your skin that persist where the wrap is worn.

**Ingredients:** Heat cells contain activated charcoal, iron powder, sodium chloride, sodium thiosulfate, sodium polyacrylate, and water.