

**prorelax**<sup>®</sup>

# Heating Pad

to ease menstrual pain

Infrared heat to relieve  
menstrual cramps

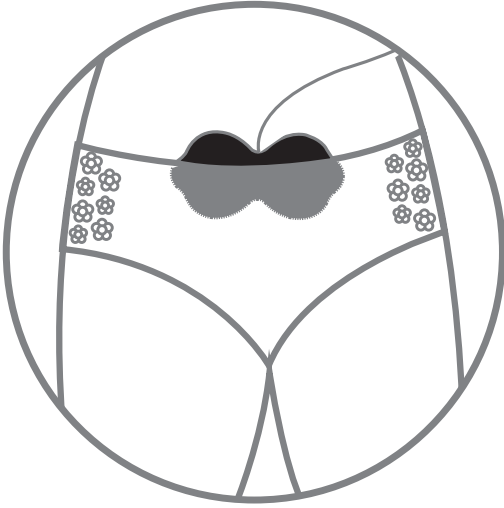


## OPERATING INSTRUCTION



Please read before use.

**CE**  
0120



*To ease menstrual pain place the heating pad right on the spot where the pain is most intense.*

# CONTENTS

Contents.....	3
Warning and safety instructions.....	4
Introduction.....	5
Items included in delivery.....	6-7
Use.....	8-10
After Use.....	11
Care and Cleaning.....	12
Replacement of the hydrogel.....	13
Technical data.....	14
Warranty.....	15
Contact.....	15

## WARNING AND SAFETY INSTRUCTIONS



The **prorelax**® “Thermedic” heating pad is a high quality medical device for thermal therapy in the case of menstrual cramps.

**It should not be used**

- on children and animals,
- during sleep or when unconscious,
- on the head or on the heart region,
- on open wounds or on body parts with rashes or inflammation,
- in the case of heat allergies.
- If you have questions ask your doctor, especially if you are pregnant, suffer from heart/circulation problems or have diabetes.
- Do not use the heating pad in conjunction with other heating devices or preparations; in case of doubt ask your doctor.
- Always make sure that the heating pad is not damaged before use.
- Keep the heating pad away from children and store it in a safe place.
- For hygienic reasons we recommend that, in the case of several users, each uses a separate hydrogel pad.
- Whenever you find use of the PRORELAX “Thermedic” heating pad unpleasant, or if you do not feel well or if you notice irritations on your skin, you should immediately turn the device off.
- Don't use the heating pad under a blanket.

Should the heating pad prove defective, do not repair it yourself. Instead please contact the importer directly, whose address is provided at the end of these instructions.

Dear Customer,

Your purchase of the **prorelax**<sup>®</sup> heating pad has provided you with an innovative and effective product for the relief of menstrual cramps.

The material - flexible carbon fibre - combined with hydrogel, which is very gentle on the skin, ensures that there is uniform and deep heat development. This therapy helps to relieve your menstrual cramps, while improving blood circulation and promoting pleasant relaxation of the muscles.

The **prorelax**<sup>®</sup> Wärmepad „Thermedic“ heating pad is patented and certified as a medical product, which means that it has been clinically tested and has proven itself in practice.

You can rely on its effectiveness.

It's easy to use, both at home and at work.

In order to get the best out of your heating pad, we ask that you read the following instructions carefully, especially the **statutory warning and safety instructions** to the left.

And now we wish you pleasant relaxation during your heat therapy.

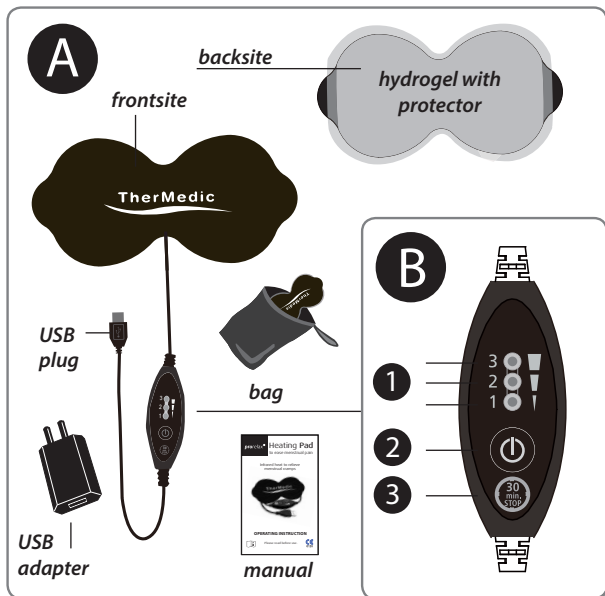
## **ITEMS INCLUDED IN DELIVERY**

Please check first if the product has been delivered in full. Once you open the package, it should contain the following items:

- a) Carbon fibre heating pad with three-stage temperature control unit and a USB adapter for connection with your PC or laptop.
- b) Removable sheet for protecting the back of the hydrogel on the heating pad.
- c) USB adapter for power supply from the wall outlet.
- d) Storage bag
- e) Operating instructions

The following photos provide visual instructions for use.

In **A** the front and back of the heating pad are shown, you also see the protective sheet of the hydrogel; you will see how the cable with switch and USB port is connected to the heating pad.

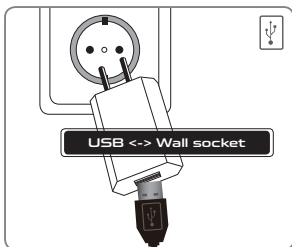


In **B** an enlarged picture of the switch and its functions is shown:

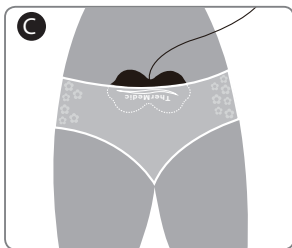
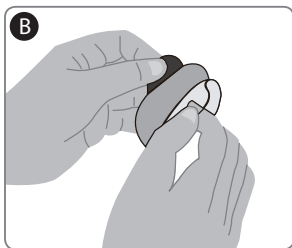
- 1 On and off button
- 2 Three-stage temperature control unit
- 3 Automatic shut-down after 30 minutes

## USE

- A** Please connect the PRORELAX “Thermedic” heating pad, in order to obtain the necessary power supply, to the appropriate port on your PC or laptop or plug the heating pad into the USB connector and plug both into a power outlet.



- B** Remove the protective film from the back of the heating pad and temporarily place it in a safe place within reach; you will need it again after using the heating pad.



- C** Place the heating pad on the area where you are experiencing pain and press it slightly.



Press the power button. A green light is displayed to indicate that the lowest temperature level has been selected.

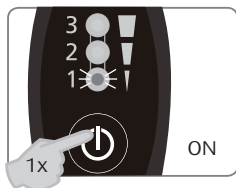
**Please pay attention to the accompanying illustrations.**

If you continue to press you will reach the medium and high temperature levels.

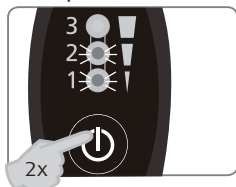
We recommend that you begin by using the lowest temperature, then later experiment with all the temperature levels to see which one is most comfortable and effective for you.

If you press for a fourth time, this will turn the device off.

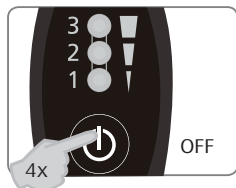
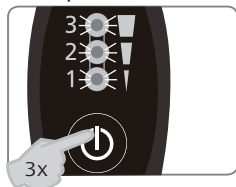
*temperature level 1*



*temperature level 2*



*temperature level 3*



The heating pad turns itself off after 30 minutes of uninterrupted operation.

**This is our recommended maximum duration of therapy.**



By clicking the powerbutton you can suspend or terminate the therapy at any time.

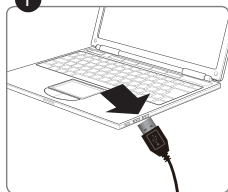
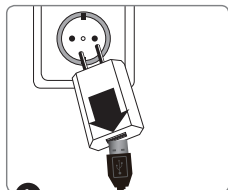


If you want to repeatedly use the PRORELAX "Thermedic" heating pad, then you should wait at least 30 minutes between applications.

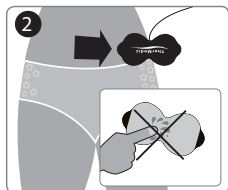


## AFTER USE

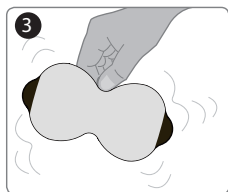
Once therapy is finished, remove the plug from the socket or the USB adapter from the PC or laptop power source.



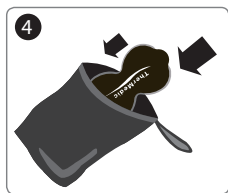
Next pull the heating pad carefully from your skin without touching the hydrogel.



Let the hydrogel dry for a few minutes in the air with the gel side up and then cover it once again with the protective sheet in order to keep the gel from drying out.



Finally, pack everything up into the storage bag you received and store it in a clean and dry place that is not subject to sunlight.



## CARE AND CLEANING

- The **prorelax**<sup>®</sup> "Thermedic" heating pad does not require any special care.
- Do not wash it but merely carefully wipe it dry.
- Cable connections and the switch should never be wet.
- Please do not use hot water, detergents or solvents to clean the heating pad.
- It is important, as already mentioned, that the protective sheet always covers the hydrogel if the heating pad is not being used. This prevents the premature drying out of the hydrogel.

## REPLACEMENT OF THE HYDROGEL

In time, usually after between 50 and 100 applications, the hydrogel must be replaced. Replacement pads can be purchased from your dealer.

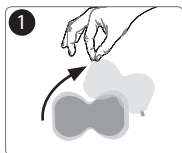
Please use a damp cloth and soft pressure to remove the old gel residues from your heating pad.

Then take the blue sheet off your new gel pad.

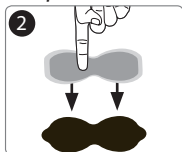
Take it in both hands and carefully place it on the grey inner side of the **prorelax**® "Thermedic" heating pad, so that there is 2 mm of space on each side.

Press it firmly with your thumbs and run your hands over both sides so that it is firmly connected to the heating pad and there is good contact.

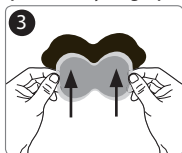
Please leave the protective sheet on until first use.



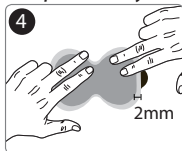
*pull off foil*



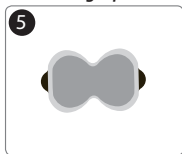
*Replace the hydrogel pad*



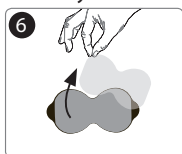
*place exactly*



*Press gel pad*



*ready for use*



*Remove the protective film*

## TECHNICAL DATA

<b>Dimensions and Weight:</b>	
Size:	160 x 75 mm
Weight:	120 g (unpacked)
<b>Materials used:</b>	
Heating pad:	Exterior: polyester Heating unit: 100% carbon fibre fabric, hydrogel
Storage bag:	Polypropylene
<b>Specifications:</b>	
Control switch:	One button operation Three-stage temperature control  ca. 107°F / ca. 113°F / ca. 118°F * Automatic shut-off after 30 minutes
Power supply: USB adapter:	5V DC 100-240V AC/50-60 Hz 5 V DC/ 1A

### **Please note:**

- \* When using the AC adapter, the temperatures may be slightly lower.

Modifications of specifications without notice is possible, if they serve to improve the product on the basis of technical progress.

## **WARRANTY**

This **prorelax**<sup>®</sup> heating pad „Thermedic“ is covered by a two-year warranty from the date of purchase.

The warranty does not cover damage resulting from the failure to follow operating instructions, accidents, abuse, modifications or disassembly by unauthorized persons.

The warranty includes the main device and required parts as well as labour.

Batteries, cords, electrodes and other parts are guaranteed to be free from manufacturing and material defects at time of delivery.

The distributor reserves the right to replace or repair the unit at its own discretion.

## **SERVICE ADDRESS:**

**prorelax**<sup>®</sup> Customer Service  
MPR GmbH  
Grandkaule 11  
D-53859 Niederkassel  
[info@euromedics.com](mailto:info@euromedics.com)



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