

Handy hints for using MediChill

Bee & Wasp Stings

To remove the barb brush sideways with fingernail. Immediately apply **MEDICHILL** for up to 10 mins. Re-apply at frequent intervals or when pain relief is required

For shoulder pain, slit an Ice Bandage between cells so a section rolls off shoulder down upper arm and the side sections flap over the shoulder from front to back. Secure with MediChill Cohesive Bandage wrapped under arms & over shoulders

TIP To aid cleanliness store MediChill in a plastic bag when freezing

A **warmed** or **hot** MediChill gives soothing relief of stomach aches and pains, sore backs and necks

TIP MediChill recommends the fabric side of the sheet for skin contact, the plastic side is a lot colder.

MediChill can be cut small enough to wrap around fingers & toes

Heat Exhaustion

After replacing lost fluids, cool body down using the **MEDICHILL ICE BANDAGES**. Use ice pads in armpits and around neck area to aid cooling. Refer to qualified professional. **CHILDREN produce more heat per kilo of body weight than adults and sweat less, resulting in greater susceptibility to heat stress**

Awkward joints like knees & ankles pose no problem for MediChill because of the flexibility when chilled as well as frozen

TIP Should a cell on a MediChill sheet get punctured or the cells deflate over time **NO NEED TO DISPOSE OF SHEET**. If punctured simply wash out the cell and continue to use, if cell deflated simply re-hydrate

Medicine Transportation

MEDICHILL is ideal for the storage and transportation of temperature sensitive medications, because it can be cut and wrapped, stays frozen for long periods and remains dry when thawing

To avoid excessive heat loss, MediChill can be placed on top of head inside a cap

For neck pain, slit an Ice Bandage between cells so centre section is behind the neck and the side sections flap over the shoulders. Secure with MediChill Cohesive Bandage wrapped under arms & over shoulders

Sunburn & Minor Burns

Apply a chilled **MEDICHILL** sheet to the burnt area to give soothing relief. For large areas of Sunburn like on the back shoulders and stomach the large **MEDICHILL ICE BANDAGE** is ideal

TIP Frozen MediChill should be applied for no longer than 20 mins per treatment. People with sensitive skin should use the MediChill Ice Pad Covers. People with poor circulation should not use any ice products

MediChill Ice Bandage is large enough for adult Quadriceps, Hamstring & Cork injuries

RICER Management of Soft Tissue Injuries

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REST - Cease activity

ICE - Apply **MEDICHILL** for up to 20 mins. per treatment

COMPRESSION - Secure MediChill with MediChill Cohesive Bandage

ELEVATION - Raise injured area above level of heart where possible

REFERRAL - Refer to qualified professional

TIP After hydrating MediChill sheets, allow for excess water to dry or be absorbed before chilling or freezing. Hot water hydrates the cells faster than cold. A cell is fully hydrated when firm to touch



USE & RE-USE

CHILLED

FROZEN

or HOT