

## OPERATING INSTRUCTIONS

### PREHEAT UNIT FOR 10 MINUTES BEFORE USE.

The THERMOTEX™ Far Infrared Therapy System is easy to use.

It is important to know that the infrared energy radiates only from one side of the THERMOTEX™. Place the hard side of the THERMOTEX™ heat inserts towards the body. The padded side does not heat up.

The THERMOTEX™ Infrared Therapy System uses a simple on or off switch. If the surface feels too warm put a cotton towel between the body and the THERMOTEX™. The infrared heat penetrations will still be effective.

When the THERMOTEX™ product is powered, the green indicator light will show as on. There will be no light shown in the OFF position.

It is important that the THERMOTEX™ pad be used for at least 30-45 minutes (longer if desired) on each area being treated. For the first two or three weeks we recommend THERMOTEX™ be applied twice a day (for chronic pain the pad may be used three or four times per day). After that, THERMOTEX™ use may not be needed as often but we do recommend daily use. This is particularly important for chronic and inflammatory conditions. Regular use of the THERMOTEX™ will significantly reduce levels of inflammation and lactic acid build up.

IT IS IMPORTANT TO UNDERSTAND that the heat felt may not always feel the same. This is due to the body's individual and varying reaction. After using THERMOTEX™ regularly, the pad may not feel as warm as it did earlier. There is NOTHING WRONG with the THERMOTEX™. This is expected. It is a good sign - it means the therapy is working well and pain relief is being experienced. It is also normal to feel greater heat in one area of the body than on another.

### HOW TO USE THE THERMOTEX™

Recommended treatment time is a minimum of 30 - 45 minutes per session. When your THERMOTEX™ is at room temperature, it will take approximately 10 minutes before you will feel the heat, and for your pad to provide infrared therapy.

### WHEN THERMOTEX™ SHOULD NOT BE USED

Specific Contraindications: (Do Not Use in Cases of) Pregnancy, Hemophilia, and Severe Adrenal Suppression\*

\* Adrenal Suppression - in conditions such as Lupus, Addison's and MS there is concern about raising the core temperature of the body to higher temperature levels such as found in a sauna. These are not temperature levels which would be typically encountered with a THERMOTEX™ pad. In people with mild to moderate symptoms, the far infrared would actually be safe and therapeutic.