



Continuous Thermal Therapy™



INSTRUCTION MANUAL FOR YOUR CONTINUOUS THERMAL THERAPY DEVICE

www.turnoffthepain.com

SAFETY INSTRUCTIONS

READ THIS FIRST * SAVE THESE INSTRUCTIONS * IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THE CONTINUOUS THERMAL THERAPY DEVICE

DANGER—TO AVOID THE RISK OF ELECTROCUTION, BURNS, FIRE OR INJURY TO PERSONS, TAKE THE FOLLOWING PRECAUTIONS WITH THE DEVICE:

DO NOT leave unattended while in use.

Turn off device before unplugging from an outlet.

Unplug from the electrical outlet immediately after using, before cleaning, and before putting on or taking off parts or attachments, and **DO NOT** unplug by pulling on the cord.

Be sure to disconnect the device from electrical outlet when filling or emptying it with water.

DO NOT operate in a wet or moist condition: and do not use while bathing or in the shower.

DO NOT use or store where it can fall into a tub, shower, sink, water or other liquid.

DO NOT reach for the device if it falls into water - unplug it immediately.

DO NOT use with an extension cord unless the cord has been checked and tested by a qualified technician.

Ensure close supervision when the device is being used near children or infirm persons.

As with any product with a cord, there is a risk of strangulation, so take care in storing and using the device around children.

DO NOT place on or near a hot gas flame, flammable products, electric element or a heated oven.

DO NOT operate if the cord appears damaged or if you have dropped or damaged the device. Inspect the device and its cord beforehand to be sure that it is in good working condition.

DO NOT allow cord to touch hot surfaces.

DO NOT run the cord under carpeting or cover it with throw rugs, runners, or the like.

Arrange the cord away from traffic areas and where it will not be tripped over.

DO NOT pull or carry the device by the cord.

DO NOT attempt to disassemble or repair on your own, as that may cause a risk of electric shock or injury. If the device is in need of repair, refer to the instruction manual for directions.

DO NOT drop or insert any object or body part into any opening.

DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.

If you are using the device for heat therapy, **DO NOT** operate the device under a blanket, pillow or other such items as excessive heat may cause fire, electrocution or other injury.

After heat therapy, always allow the device to cool completely before storing.

DO NOT puncture the pads of the device.

ADDITIONAL REMINDERS

Carefully follow all of the instructions that accompany this booklet.

Use the device for its intended use only.

The device is for indoor use only and should not be used outdoors.

Individuals with circulatory problems should use cold therapy only under medical supervision.

If you are sensitive to hot or cold temperatures, consult your doctor before use.

To avoid any adverse effects to your health or skin, shut off the device if you begin to feel uncomfortable.

Discontinue use if dizziness, severe pain, or severe skin reaction occur.

DO NOT use in ambient temperatures below 60 degrees or above 90 degrees Fahrenheit.

Your Continuous Thermal Therapy Device was developed to help soothe the pain associated with migraine headaches, muscle strains, arthritis, and other aches and pains by providing continuous heat or cool therapy. Please follow these instructions to use your device safely and effectively.

GETTING THE MOST OUT OF YOUR DEVICE

This device is beneficial for patients suffering from a variety of ailments, including migraine and headache pain, muscle soreness, injuries, bites, bruising, swelling, heat stroke, cramps, sunburn, carpal tunnel syndrome, etc. This device is not meant to replace the program that your medical professional has prescribed for you. You can use either the relief pad included with the device or order additional pads online at www.turnoffthepain.com.

GETTING STARTED

It is best to set up and test your device before you experience any pain so that you have gone through the initial set up process and are familiar with the controls. Open the carton and remove the pad and device and place on a solid, flat surface. Ensure that the top, front and back vents on your device have six inches of space surrounding them.

1

INSTALL A RELIEF PAD

Place the device on a solid, flat surface. Remove the pad from the plastic bag and remove the white caps from the end of the connectors on the pad. Holding the white connector at the end of the blue tube of the relief pad (noted as #1 in Figure 1), connect the pad to the tube connectors on the device (noted as #2 in Figure 1) using a clockwise (left-to-right) twisting motion (see Figure 1, below). Repeat this process for the second tube.

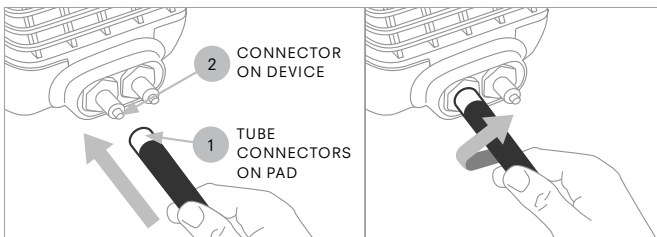


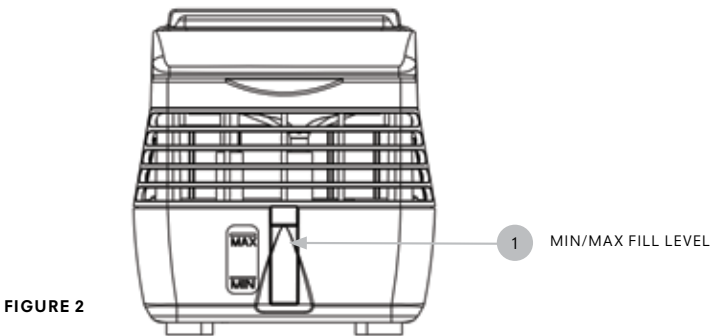
FIGURE 1

FILL THE RESERVOIR WITH DISTILLED WATER

The device is shipped without water, so once the pad has been attached to the device, you will need to fill the water reservoir with **DISTILLED WATER ONLY**.

NOTE: Water from your tap or water in a bottle labeled as Spring, or Purified water is not the same as DISTILLED WATER. Tap water, spring water, purified water and even water filtered in your home filtration system may still contain many types of suspended pollutants, microscopic chemicals, toxins and other contaminants. DISTILLED WATER is necessary to eliminate any damage caused by minerals present in tap water and most bottled waters.

Notice that there is a water level indicator on the back of the device (noted as #1 in Figure 2). There is a clear window marked "MAX" and "MIN." It is important to keep the water level between these two levels to maintain optimal performance. To fill the water reservoir, lift the carrying handle (noted as #1 in Figure 3) and peel back the black rubber fill cap (noted as #2 in Figure 3) on the back of the device.



Next, pour DISTILLED WATER into the reservoir area under the black rubber fill cap (water should drain down the hole in the middle of the reservoir). Pour the water slowly to not cause overflow to the reservoir area. As you are filling the water reservoir, be sure to watch the water level indicator and make sure that the water level stays above the "MIN" and below the "MAX" lines.

NOTE: You will need to refill the water reservoir during the first use of the device and any time a new pad is installed (see Step 4).

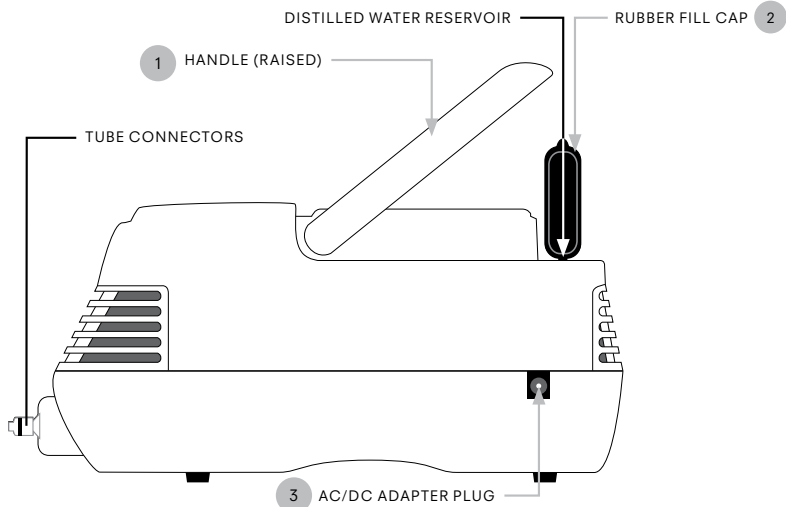


FIGURE 3

3

POWER ON YOUR DEVICE

After both blue tubes are connected and the water reservoir has been filled, leave the black rubber fill cap open. Plug one end of the power cord into the electric outlet, and then plug the other end into the AC/DC Adapter Plug on the device (noted as #3 in Figure 3). Once the power cord is connected, you will notice that the control panel illuminates. To turn on the device, press the ON/OFF button (noted as #1 in Figure 4) located on the control panel of your device. After pressing the ON/OFF button, the fan and pump will start and the digital display will now say "ON."

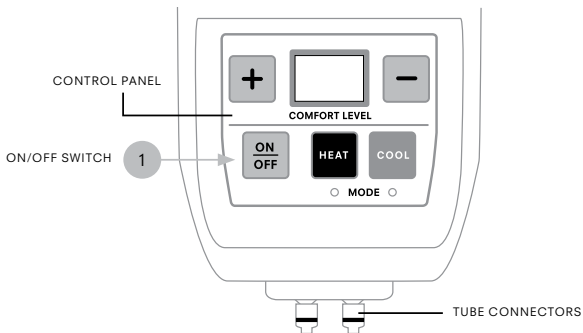


FIGURE 4

4

REFILL THE RESERVOIR

If this is the first time you are using the device, or the first time you have installed this particular relief pad, the water from the reservoir will be pumped into the chambers of the pad during step 3. At this time, you will need to fill your device again with additional DISTILLED WATER. Leave the device in the “ON” status and continue to add DISTILLED WATER to the reservoir so the Water Level Indicator (Noted as #1 in Figure 2) stays between the “MIN” and “MAX” lines. **NOTE: For larger relief pads, you may have to fill the reservoir several times before the water settles at an appropriate level.**

5

CHOOSE YOUR DESIRED MODE AND TEMPERATURE

HEAT: To use the heating function, press the red button that reads “HEAT” on the control panel. Adjust the temperature by pushing the plus (+) and minus (-) symbols. Temperature level 1 will provide minimal heat, and temperature level 10 will generate maximum heat. The temperature will not rise above 124 degrees Fahrenheit. We suggest that you start the device at level 5 and make adjustments depending on your comfort level.

COOL: To use the cooling function, press the blue button that reads “COOL” on the control panel. You can adjust the temperature by pushing the plus (+) and minus (-) symbols. Temperature level 1 will provide minimal cooling effect while temperature level 10 will produce the maximum cooling effect. The temperature does not drop below 40 degrees Fahrenheit. We suggest that you start the device at level 5 and make adjustments depending on your comfort level.

6

FIT A RELIEF PAD

Each pad has Velcro straps with elastic sides for a comfortable fit. The straps should be snug enough to hold the pad in place, yet loose enough so there is no discomfort. The goal is to have the pad in contact with your skin, while it is held in place but does not move around easily. **See the instructions for each type of pad under “Applying Specific Pads” beginning on page 9.**

TURN OFF THE PAIN, TURN ON THE RELIEF

You are now ready to enjoy the comfort and convenience of your continuous thermal therapy device. If the device becomes uncomfortable, remove the therapy pad immediately and reduce the temperature to a lower level. Allow the pad temperature to reset for 10-15 minutes before reapplying.

REGISTER YOUR PRODUCT

Register online at www.turnoffthepain.com

ADDITIONAL OPERATING INSTRUCTIONS:

AFTER INITIAL USE – SAME RELIEF PAD: After following the Quick Reference Guide, or the 7 steps in this manual for initial setup of the device, each subsequent use with the SAME PAD is a simple 5 step procedure:

1) Plug in the device, 2) monitor the water level indicator to make sure the current DISTILLED WATER level is between “MIN” and “MAX,” 3) press the ON/OFF button to turn the device on, 4) set your desired temperature level, and 5) fit the pad to the appropriate area requiring relief.

CHANGING TEMPERATURE MODES: Some users find both heat and cool treatments beneficial in relieving their pain. Changing the cooling and heating modes during the same use requires a brief delay to prevent damage to the device. When the device is in either mode, and you press the button on the control panel corresponding to the other mode, a timer will immediately be displayed on the control panel that will count down to zero. Once the timer reaches zero, the other mode will automatically start. At this time, you can select the temperature level you prefer and continue using as previously directed.

DURING USE: We do not recommend using the device for longer than 30 minutes at a time. After 30 minutes, take a break and then re-apply. If the temperature becomes uncomfortable at any moment, remove the therapeutic pad and adjust the temperature level. Wait 10-15 minutes for the device temperature to normalize and then reapply the pads. For safety reasons, the pad is not meant to be worn while sleeping, bathing or showering. Please read the safety instructions thoroughly before using the device (see page 2).

ENDING THERAPY: Once your pain has subsided, or if you would like to discontinue using the device, press the on/off button and allow the pad to return to room temperature before storing it. Always unplug the device after each use.

CONTINUOUS THERMAL THERAPY DEVICE PADS

This device is beneficial for patients suffering from a variety of ailments, including migraine and headache pain, muscle soreness, injuries, bites, bruising, swelling, heat stroke, cramps, sunburn, carpal tunnel syndrome, etc. To order additional pads, please visit www.turnoffthepain.com.



FRONT AND SIDE HEAD RELIEF PAD

- Front and side head relief pads are ideal for use with migraine pain.
- This pad targets the two main trigger points of migraines, the forehead and the temples.
- Research indicates that using hot or cold therapy at the onset of a migraine can reduce the severity of, or cease a migraine episode.
- This pad can also be used for stress headaches, bruising and swelling after forehead surgery.



EYE RELIEF PAD

- Eye relief pads can be used to target migraine pain or sinus headaches located behind the eyes.
- This pad can also be used for treatment of heat stroke, muscle spasms or sinusitis.
- Patients who have undergone eyelid surgery should use this device to reduce bruising and swelling after surgery.



BACK OF HEAD RELIEF PAD

- Back of head relief pad can be used for migraine or other headaches that occur at the rear of the head.
- This pad targets 1 trigger point of migraines, the Occipital Region (back of the head).
- Research indicates that using hot or cold therapy at the onset of a migraine can reduce the severity of, or cease a migraine episode.



UNIVERSAL RELIEF PAD

- Universal pad delivers relief to muscles, joints, back and neck.
- Universal pad can be used to soothe burns, muscle aches, back pain, insect bites, and several other painful conditions.
- No more messy ice packs that melt and drip. No more large heating pads that are a hassle to fold and position.



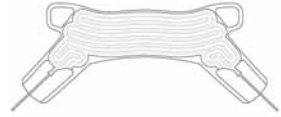
INJECTION PAD

- Injection pad delivers continuous, consistent cooling or heating to a targeted area of the skin.
- The Injection pad was designed for physicians to use on patients before injecting Botox or similar chemicals.

APPLYING SPECIFIC RELIEF PADS

FRONT AND SIDE HEAD RELIEF PAD

Once the device is plugged in, the power is turned on, the front head pad is attached, you've selected your desired mode, and you've selected your desired temperature, touch the inside of the pad (the channels will be showing) with your hand to ensure the temperature is not too warm or cold. When you are satisfied with the pad's temperature, hold the pad in front of you with the inside of the pad facing you, and the connecting tubes facing downwards (bottom of the pad). Apply the narrow area of the pad to your forehead and attach the Velcro straps behind your head. Make sure the bottom of the pad is facing downwards. The Velcro straps should be snug enough to hold the pad in place, yet loose enough so that there is no discomfort. The goal is to have the pad in contact with your skin, while it is held in place and does not move around easily.



OCCIPITAL (BACK OF HEAD) RELIEF PAD

Once the device is plugged in, the power is turned on, the back of head pad is attached, you've selected your desired mode, and you've selected your desired temperature, touch the inside of the pad (the channels will be showing) with your hand to ensure the temperature is not too warm or cold. When you are satisfied with the pad's temperature, hold the pad behind your head with the inside of the pad facing your head, the wider area of the pad facing upwards (top of the pad), and the connecting tubes facing downwards (bottom of the pad). Apply the pad to the area on the back of your head where you feel pain. Attach the Velcro straps across your forehead and the bottom Velcro strap around your chin. The top Velcro straps should be snug enough to hold the pad in place, yet loose enough so that there is no discomfort. The goal is to have the pad in contact with your skin, while it is held in place and does not move around easily.



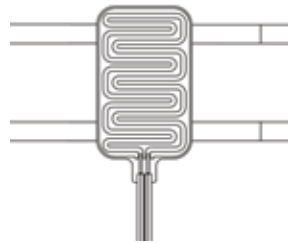
EYE RELIEF PAD

Once the device is plugged in, the power is turned on, the eye pad is attached, you've selected your desired mode, and you've selected your desired temperature, touch the inside of the pad (the channels will be showing) with your hand to ensure the temperature is not too warm or cold. When you are satisfied with the pad's temperature, hold the pad in front of you with the inside of the pad facing you and the nasal opening facing downwards. Apply the inside of the pad to your eyes and adjust the connecting strap between each eye pad so that both pieces of the pad are positioned comfortably. Attach the Velcro straps behind your head. The Velcro straps should be snug enough to hold the pad in place, yet loose enough so that there is no discomfort. The goal is to have the pad in contact with your skin, while it is held in place and does not move around easily.



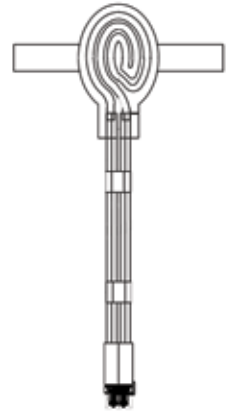
UNIVERSAL RELIEF PAD

Once the device is plugged in, the power is turned on, the universal pad is attached, you've selected your desired mode, and you've selected your desired temperature, touch the inside of the pad (the channels will be showing) with your hand to ensure the temperature is not too warm or cold. When you are satisfied with the pad's temperature, apply the inside of the pad to the area that is causing you pain and attach the Velcro straps to keep the pad positioned on that area. 6 straps are included for your convenience- 2 small, 2 medium, 2 large (belt) straps. The Velcro straps should be snug enough to hold the pad in place, yet loose enough so that there is no discomfort. The goal is to have the pad in contact with your skin, while it is held in place and does not move around easily.



INJECTION PAD

Once the device is plugged in, the power is turned on, the injection pad is attached, you've selected your desired mode, and you've selected your desired temperature, touch the inside of the pad (the channels will be showing) with your hand to ensure the temperature is not too warm or cold. When you are satisfied with the pad's temperature, hold the pad over the area of the skin where the injection will occur, with the inside of the pad facing the skin. Apply the pad to the targeted area and attach the Velcro straps to keep the pad positioned on that area. The Velcro straps should be snug enough to hold the pad in place, yet loose enough so that there is no discomfort. The goal is to have the pad in contact with the skin, while it is held in place and does not move around easily.



MAINTENANCE

TO STORE:

ALWAYS unplug the device immediately after use and before storing.

Store the device away from water and other liquids.

DO NOT store the device or the pads in a location where the temperature is below 60 or above 90 degrees Fahrenheit.

When the device is stored with water in the reservoir, be sure it remains flat (black rubber fill cap pointing upwards).

When removing and storing the pads, replace the caps on the end of the blue tubes.

TO CLEAN:

ALWAYS unplug the device immediately after use and before cleaning.

DO NOT attempt to open or dismantle the device.

Dampen a clean cloth with water and gently rub the outside of the device and/or pads.

DO NOT use ANY chemical cleaning agents on the device.

DO NOT immerse the device in water.

TROUBLESHOOTING

FAIL SAFE SWITCH FUNCTION: If you find that the cooling or heating system is not working properly on your device, it is possible that the safety switch has been activated because the device was getting too hot. This may be caused by a blockage of the air intake vent that is used to cool the pump. If this occurs, turn the device off and make sure that there are no objects (e.g. clothing) within six inches of the device. The switch will automatically reset after a few minutes. Upon resuming use, ensure that the power of the device is set to a lower level temporarily (level 5). NEVER use a power adapter other than the one provided with the device.

ENSURE MAXIMUM HEAT OR COOL: Some users have noticed that wearing the pad too tightly can reduce the maximum heat and cool that the device can achieve. If this happens, try loosening the pad and resuming use.

OVERFILLING THE RESERVOIR: When filling the device with DISTILLED WATER, make sure to pour water into the water reservoir portion of the device only (under the rubber cap – Noted as #2 in Figure 3). If too much

water is poured in at once, it may not drain properly into the device's reservoir. If this happens, either tip the device to one side or soak the excess water up with a towel to expose the air hole. Then, resume filling the device with water.

ADAPTER MALFUNCTION: If the green light on the AC / DC adapter does not turn on, the adapter could be defective or overused.*

POWER FUSE FAILURE: There is a possibility that, over time, the power fuse to your device may need to be replaced.*

*If part of your device needs to be repaired or replaced, please contact us at www.turnoffthepain.com.

YOU SHOULD NOT ATTEMPT TO FIX THE DEVICE YOURSELF OR ALLOW SOMEONE TO FIX IT. ATTEMPTING TO REPAIR THE DEVICE YOURSELF WILL RESULT IN THE INVALIDATION OF THE WARRANTY.

LIMITED 90 DAY WARRANTY

This device is warranted for 90 days under normal use and service. This warranty extends only to customers and does not extend to retailers. To obtain warranty service on your device, email us at: info@turnoffthepain.com or call 877-646-1222 for further instructions.

No COD's will be accepted.

Innovative Medical Equipment does not authorize anyone, including, but not limited to, retailers, the subsequent consumer purchaser of the product from a retailer or remote purchasers, to obligate Innovative Medical Equipment in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to your device; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped device; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Innovative Medical Equipment. This warranty is effective only if the product is operated in the country from which the product is purchased. If product is modified in any way, including but not limited to, altering the power supply, it will not be covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. INNOVATIVE MEDICAL EQUIPMENT SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITH IN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, INNOVATIVE MEDICAL EQUIPMENT RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on Internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of Innovative Medical Equipment. This warranty provides you with specific legal rights. You may have additional rights which may vary from country to country. Because of individual country regulations, some of the above limitations and exclusions may not apply to you. For more information regarding your device, please visit: www.turnoffthepain.com.

REGISTER YOUR PRODUCT ONLINE AT www.turnoffthepain.com

BENEFITS OF REGISTRATION INCLUDE:

- Faster customer service
- Notification of future product releases (optional)
- Notification of new relief pad releases (optional)
- Discount offers/coupons for additional products and accessories (optional)
- Notification of any product issues or recalls

For additional information
please visit www.turnoffthepain.com
or call **1-877-646-1222**