

ACU-LIFE®

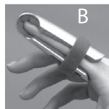
3-IN-1 FINGER INJURY KIT

Treat, Protect & Support

Every injury is different and requires specific treatment. Please consult your doctor prior to starting treatment.

Suggestions for treating an injured finger:

1. Use the gel pack for cold therapy 3-4 times a day for 10 minutes until the swelling and pain subsides. Slide gauze tube over finger before applying cold pack. Place cold pack around finger and use the strap to fasten the cold pack to finger (Note Photo A). Strap should not be positioned where it will put direct pressure on the knuckle or any wound.
2. Wear the comfort splint to help protect the finger while it heals. Use the strap to fasten the splint to the finger (Note Photo B). Splint should feel snug but not too tight. Strap should not be positioned where it will put pressure directly on the knuckle or any wound. Strap can be removed and repositioned if necessary. If redness, pain or swelling persists, consult a doctor at once.
3. Wear Finger Buddies for additional support and help prevent further injury. Use the Finger Buddies to strap the recovering finger to an adjacent finger. Place one Buddy above the middle joint and one below the middle joint (Note Photo C). Buddies should feel snug but not too tight. Buddies should not be positioned where they place direct pressure on the knuckle or any wound. If redness, pain or swelling persists, consult a doctor right away.



Finger Cold Pack Use:

Place gel pack in freezer for at least 2 hours prior to using. Always return to freezer promptly for fastest reuse.

Finger Warm Pack Use:

Place gel pack in warm water for 10 minutes. Do not use the microwave or boiling water as this will over-heat the gel pack which may cause serious injury.

Cleaning:

Wash gel pack in lukewarm water and lay flat to dry.

Warning:

Cold therapy should not be used by individuals with known or suspected circulation problems. Do not apply heat to broken or sensitive skin. Heat should not be used with external analgesic products. Do not heat gel pack in a microwave. Do not sit or lean on gel pack, excessive weight may cause the pack to rupture and leak.

Caution:

Finger Buddies contain Neoprene; to which some people may be sensitive. If a rash develops, discontinue use and consult a doctor.



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