

INSTRUCTIONS FOR USE

- Each cold sock can hold three (3) reusable gel packs. Before inserting the chilled gel packs into the cold socks, remove the gel packs from the freezer and allow them to sit at room temperature for a few minutes to ensure they are not too cold for comfortable use.
- **Warning:** Never apply gel packs directly to your skin. Always insert the gel packs into the cold socks before use.
- When handling chilled gel packs, wear a pair of thin cotton gloves to protect your skin.
- If, after inserting the gel packs, the cold socks feel too cold, wear a pair of thin cotton socks under the cold socks to create a protective barrier and enhance comfort.
- Each cold sock has one (1) compression strap. After placing the gel packs into the designated pockets, wrap the adjustable compression strap securely around your foot to achieve your desired compression level. A snug fit maximizes the cooling effect.
- When using this product, it is normal to experience some skin redness. After removing the cold socks, allow your feet to warm up gradually at room temperature to prevent sudden temperature shifts that could cause discomfort. Avoid exposing your feet to extreme heat immediately after using the cold socks.

Step 1: Freeze Gel Packs

Place the gel packs in the freezer for at least 2 hours before use to ensure optimal cooling.



Step 2: Insert Gel Pack - Top of Foot

Insert the long frozen gel pack with a straight edge into the front pocket of the sock, ensuring it covers the top of the foot. Make sure the gel pack is fully inserted and evenly positioned for consistent cooling.



Step 2: Insert Gel Pack - Sole

Insert the long frozen gel pack with rounded ends into the bottom pocket of the sock, ensuring it covers the sole of the foot. Make sure the gel pack is fully inserted and evenly positioned for consistent cooling.



Step 4: Insert Gel Pack - Heel

Insert the small frozen gel pack into the back pocket of the sock, ensuring it covers the heel. Make sure the gel pack is fully inserted and evenly positioned for consistent cooling.



Step 5: Adjust the Compression Strap

Tighten the adjustable compression strap for a secure and comfortable fit. This helps maintain contact with the gel packs while providing gentle compression.



STORAGE AND CARE

- To avoid contamination, ensure the gel packs are stored away from food items or other substances in the freezer. Lay the gel packs or socks flat in the freezer.
- Do not machine wash or dry the gel packs. Hand wash gel packs only, and make sure they are fully dried before re-use.
- Do not use and discard the gel pack if punctured or ruptured; dispose of according to local waste disposal policies.
- Store gel packs in freezer, refrigerator, or a cool, dry place when not in use. Avoid direct sunlight.

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INSTRUCTIONS & WARNINGS FOR ALEANA HEALTH

COLD SOCKS

PREPARATION

- If you have a medical condition, consult your physician before using cold socks.
- Place the gel packs in the freezer for at least 2 hours before use. To avoid contamination, place the gel packs in a clean area of the freezer, away from any food or other substances.
- Gel packs typically remain cold for up to 20 minutes. Cold time may vary depending on outside temperature and skin temperature.
- When ready to use, insert the chilled gel packs into the designated pockets inside the cold socks.

USAGE DURATION

- If you have a medical condition, consult your physician for the recommended duration and frequency of use.
- For external use only. Do not exceed 20 minutes per session of use. If additional cold time is needed, allow your feet to warm up before reapplying the cold socks.
- Additional gel packs are available for separate purchase.

WARNING

- If you have a medical condition, consult your physician before using cold socks.
- **Warning:** Never apply gel packs directly to your skin.
- Maximum use time is 20 minutes to prevent risk of injury.
- Do not use if you have decreased skin sensitivity, poor circulation, diabetes, peripheral vascular disease, fragile skin, broken or damaged skin, or an open wound.
- Do not use with medicated topical analgesic creams, oils, lotions, or patches.
- Do not use with other forms of cold therapy or with more than three (3) gel packs.
- Do not use on people unable to remove the product, including the infirm, or infants and children 12 years or younger.
- Do not sleep with, walk on, or apply excessive pressure to the gel packs. Excessive weight may cause the gel packs to rupture.
- Stop use and ask a doctor if you experience any swelling, rash, redness, or other changes in your skin that persist after the cold socks are removed.
- If contents of the gel pack come into direct contact with skin or eyes, rinse with water immediately. Product may cause skin irritation, redness, itchiness, numbness, pain, swelling, blistering, burning or frostbite if used improperly.
- Keep out of reach of children and pets.