

Instructions for Use

Product Overview:

Alora Instant Perineal Ice Pads offer soothing relief for perineal discomfort, making them essential to postpartum care, haemorrhoid relief, or any condition involving pelvic sensitivity. Designed to provide an instant cooling and analgesic effect, this product helps reduce inflammation and alleviate discomfort after childbirth, surgery or trauma.

The absorbent core helps manage discharge, keeping the area dry and hygienic, while the outer layer is breathable and gentle on the skin.

Intended Use:

Alora Perineal Ice Pads are designed to alleviate perineal pain and swelling, assisting in recovery from:

- **Postpartum Care:** Vaginal birth recovery, episiotomy, or tears
- **Chronic Hemorrhoids or Post-Hemorrhoid Surgery**
- **Perineal Trauma or Injury**
- **Perineoplasty**
- **General Pelvic or Perineal Discomfort**

By reducing swelling, pain, and potential bleeding, the ice pads promote faster healing and significantly enhance comfort during recovery.

Directions for Use:

1. Remove the product from the packaging.
2. Snap the cold compress in the middle to activate the liquid inside.
3. Shake the compress gently to ensure the liquid mixes evenly.
4. Peel off the protective film from the adhesive side.
5. Apply the compress with the adhesive side facing down to the inside of your underwear.
6. Leave in place for 20–30 minutes for optimal cooling relief.

Disposal:

- Alora Perineal Ice Pads are for **single use only**. Discard the pad after it has lost its cooling effect.

Warnings:

- **Inspect packaging before use:** Do not use if the packaging is damaged or contains foreign matter.
- **Use immediately after opening:** For best results, use the pad right after opening.
- **Skin precautions:** Avoid applying to broken or irritated skin. If the cold compress feels too intense, stop using it immediately or use a barrier (such as a cloth) to prevent frostbite. If unusual reactions occur, discontinue use and consult a healthcare provider.
- **Keep out of reach of children.**
- **For external use only:** If the gel contacts the eyes or skin, rinse immediately with clean water.
- **Disposal:** After 30 minutes of use, dispose of the pad. Do not ingest the contents.
- **Medical consultation:** If you have pre-existing conditions (e.g., circulatory issues or Raynaud's disease), consult a healthcare provider before use.

Contraindications:

- **Impaired Circulation or Cold Sensitivity:** Do not use if you have poor circulation or cold intolerance, as cold therapy may worsen these conditions.
- **Cold-Induced Urticaria:** Do not use if you have cold-induced hives or skin reactions.
- **Raynaud's Disease:** Avoid use if you have Raynaud's disease, as cold temperatures may trigger symptoms.
- **Impaired Sensation or Numbness:** Use with caution if you have numbness or a loss of sensation in the perineal area.
- **Active Skin Conditions or Infections:** Do not use if you have dermatitis, eczema, psoriasis, or active infections (e.g., abscesses, cellulitis).
- **Diabetes with Neuropathy:** Use with caution if you have diabetes and neuropathy, as you may be at risk of skin injury.
- **Active Bleeding or Clotting Disorders:** Consult a healthcare provider if you are on blood thinners or have a clotting disorder.
- **Pregnancy:** Avoid using ice pads on the abdomen during pregnancy unless advised by a healthcare provider.



Storage Instructions:

- Store below 25°C.
- Keep away from direct sunlight.

Disclaimer:

The information provided regarding Alora Perineal Ice Pads is intended for general informational purposes only. These pads are designed to provide soothing relief and comfort to the perineal area, and while they may help reduce swelling, pain, bleeding and general discomfort, results may vary from person to person. They are not intended to diagnose, treat, cure, or prevent any medical condition. If you have any concerns or experience any pain, irritation, or complications, please consult your healthcare provider immediately. The company is not responsible for any adverse reactions, injuries, or outcomes associated with the use of these products. Always follow the instructions for use and discontinue immediately when irritation occurs. Use as directed and for its intended purpose only.

Alora Medical (PTY) Ltd is not responsible for any injury, damage, or loss resulting from failure to follow these instructions.

For more information contact info@aloramed.co.za

Date of Manufacture:

See the inner packaging seal for details.

Applicant:

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Single use only



Do not use if damaged or seal is broken.

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