

Superdrug<sup>☆</sup>

# HEAT PATCH

## 8 hour pain relief

Direct to skin application.

Regular size heat patch  
for relief of muscular  
aches and pains of the  
back and shoulders.



## Superdrug Heat Patch

Direct to skin regular size heat patch for muscular aches and pains of the back and shoulder.



### DIRECTIONS FOR USE

Ensure that the skin is dry and clean over the place of application. Open the sachet by hand (do not cut) and remove the heat patch. Peel away the protective film from the back of the heat patch.

**Apply adhesive side of the heat patch to the skin over the painful area.** After use slowly peel off the heat patch.

**Please note:** The heat patch warms up gradually and reaches maximum heat within approximately 30 minutes. The heat patch is air-activated - do not open the sachet until you are ready to use it. Stop use and ask a doctor if, after 7 days, your pain gets worse or remains unchanged as this could be the sign of a more serious condition.

Each heat patch is single-use.



For external use only.

It is normal to experience slight skin redness after removing the heat patch - if your skin is still red after a few hours, stop using the heat patch until the redness goes away completely.

### CARE AND SAFETY ADVICE

Warning: If misused heat patches can cause burns even at low temperature. Follow instructions and monitor frequently.

To prevent the risk of burns: Allow air to circulate over the heat patch and do not apply pressure, for example by lying or sitting on the heat patch or wearing tight clothing over the heat patch. If heat patch becomes uncomfortably hot or a rash develops discontinue use immediately. This heat patch should be used with careful supervision on those unable to remove the product by themselves such as the elderly or physically disabled. Do not use heat patch whilst sleeping. Do not use for more than 8 hours in a 24 hour period. Never use this heat patch on any area of the body other than the back or shoulder. For delicate or ageing skin apply adhesive side of the patch to clothing. Do not use this product for period pain or Irritable Bowel Syndrome.

**Please consult your doctor or pharmacist before using this product if you:** have poor circulation or heart disease • have diabetes • have nerve damage or sensory impairment • have a skin condition • have rheumatoid arthritis • are pregnant.

**DO NOT:** use heat patch on children 12 years and under • use heat patch on persons who have experienced allergic reactions with medicines or cosmetics in the past • use heat patch over an area with the presence of redness, inflammation, over broken/ bruised or irritated skin • use heat patch in conjunction with other creams, rubs or lotions applied to the skin or with / near to other heat sources • use if you are bedridden or prone to skin ulcers • knead heat patch - heat is released within minutes • cut or tear heat patch • microwave or attempt to re-heat heat patch • bring heat patch into contact with water or other liquids.

**Storage/ Expiry:** Keep out of reach of children and pets. Store in a cool dry place avoiding direct sunlight. Use by expiry date indicated.

**Heat patch ingredients:** Iron, activated carbon and water

**Disposal:** Dispose of with normal household waste, do NOT incinerate heat patch.

Ingredients can be harmful if they are ingested or come into direct contact with the skin or eyes: If swallowed rinse mouth with water. If they come into contact with skin or eyes rinse immediately with water. On both occasions seek immediate medical advice.

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