

**Polar Care Wave™**

- This motorized system incorporates both cold therapy and active compression. It cools the affected body part and delivers a massage-like squeeze. Cold and compression has been proven to help improve pain, swelling, range of motion and overall recovery. Cold and compression also has been shown to reduce the need for and use of narcotics!
- Remains cold for 6-8 hours
- Has two temperature settings and two compression level settings
- Includes a hose management storage system



OPERATING INSTRUCTIONS

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Setup with Water and Ice:	
1	Set up and operate unit on a flat surface so the unit does not tip over.
2	Unlock handle by rotating handle to the front of the unit. Remove lid and fill container with water to indicated water fill line.
3	Fill to lines on label inside container. Use cubed ice for optimal performance. Only use ice and water or four (4) Breg Ice Bags and water with this unit (see page 11 for Setup with Breg Ice Bag Accessories). <b>CAUTION:</b> Do not overfill the unit with ice and water. Appropriate levels are indicated by the ice/water label in the container. Overfilling the unit can cause water to spill out or prevent the lid from closing properly.
4	Place lid on container using align stickers.
5	Lock by rotating the handle to the upright or back position according to image on handle.
6	Every 6-8 hours or as needed, pour out enough water to return water level to original water fill line and re-fill ice to ice line.

**Connecting and Disconnecting Cold-Compression Pad to Unit:**

- Line up the Breg logos on the tubing and pad connectors.
- Squeeze down gently on the blue clips.
- Push connectors together until they make a "click" sound.
- Disconnect the cold-compression pad from the unit by pressing the blue clips and gently pulling the connectors apart.

The Breg Polar Care cold-compression pad may be disconnected from the unit while it's running and connectors will seal, preventing water from flowing out of tubing. **Note:** Some dripping during release is normal.

**Keypad Key:**

Press to turn on/off

Press to cycle cold between colder, cold, and off

Press to cycle compression between regular, low, and off

**Operating the Unit:**

- Press the on/off button to turn the unit on. It will illuminate.  
Upon initial start-up, the unit will default to colder and regular settings for cold and compression therapy, respectively.  
If the unit was previously in use, it will default to the last settings selected when the unit was turned off.
- Press the cold button to cycle between colder, cold, and off.
- Press the compression button to cycle between regular, low, and off.
- Press the on/off button to turn the unit off. All lights will turn off.

- Cold and compression therapies may be used at the same time or independently.
- If the on/off button continuously flashes, refer to troubleshooting guide on page 18.
- If the on/off button is on and both therapies are off for more than 15 minutes, the unit will automatically shut off.
- Some condensation on the tube and cold-compression pad is possible, especially in warmer climates.

**TROUBLESHOOTING ISSUES, CALL LOCAL REP, JACKSON: 773-551-4896**

**Midwest Orthopaedics at Rush DME Store Contact Information**

*Please call or stop in if you have any problems with brace fit or sliding or if you have any other questions*

- CHICAGO** - 1611 W. Harrison Suite 103, Chicago, IL - (312) 432-2482
- JOLIET** - 963 129th Infantry Dr. Suite 100, Joliet, IL - (708) 492-5921
- MUNSTER** - 9200 Calumet Ave. Suite 300, Munster, IN - (708) 492-5450
- NAPERVILLE** - 55 Shuman Blvd, 7th Floor, Naperville, IL - (630) 339-2262
- OAK PARK** - 610 S Maple Ave. Suite 1550, Oak Park, IL - (312) 432-2550
- OAK BROOK** - 2011 York Road, Oak Brook IL - (708) 492-5664
- WESTCHESTER** - 2450 S Wolf Road Suite G, Westchester, IL - (708) 273-8426

**TROUBLESHOOTING GUIDE**

Problem	Possible Solutions	Problem	Possible Solutions
<b>On/off button flashing notification</b>	<ul style="list-style-type: none"> <li>Restart the Unit                             <ul style="list-style-type: none"> <li>Turn unit off by either pressing the on/off button or by disconnecting and reconnecting power supply from the unit or from the wall.</li> <li>Press on/off button to turn unit back on.</li> <li>Press cold or compression therapy buttons (if required) to start desired therapies.</li> </ul> </li> <li>If compression therapy does not function after pressing compression button (cold-compression pad doesn't appear to be inflating or compression therapy setting light is not on), see Compression Therapy troubleshooting sections on page 19.</li> <li>If cold therapy does not function after pressing cold button, see Cold Therapy troubleshooting section on page 19.</li> </ul>	<b>Cold therapy: water not flowing to cold-compression pad or pad not cold</b>	<ul style="list-style-type: none"> <li>Confirm on/off button is illuminated and a cold therapy "colder" or "cold" setting light is on to indicate that cold therapy is functioning.</li> <li>Check that blue connectors between cold-compression pad and tubing are fully engaged with Breg logos lined up. Disconnect blue connectors and reconnect if needed.</li> <li>Allow 10 minutes for cold-compression pad temperature to stabilize.</li> <li>Confirm unit has both ice and water to appropriate levels.</li> <li>While using the Breg Ice Bags, cubed ice may also be added to the container up to the ice fill line to optimize the colder setting.</li> <li>Elevating the unit to the same or higher elevation than the cold-compression pad may increase water flow to the cold-compression pad.</li> <li>Check that tubing and cold-compression pad are not kinked.</li> <li>Remove cold-compression pad and lay it flat. Allow cold-compression pad to fill with water and then reapply.</li> </ul>
<b>On/off button isn't responding</b>	<ul style="list-style-type: none"> <li>Confirm power outlet is working and power supply is fully inserted in the outlet.</li> <li>Confirm that power supply plug is fully inserted into the unit lid.</li> <li>Confirm the correct Polar Care Wave power supply is connected (see page 20).</li> </ul>	<b>Compression therapy: cold-compression pad not compressing or filling with air</b>	<p><b>Note:</b> During compression therapy operation, it is normal for the compression to inflate and deflate continuously. The duration of each inflation-deflation cycle is approximately 1 to 2 minutes.</p> <ul style="list-style-type: none"> <li>Confirm on/off button is illuminated and a compression therapy "regular" or "low" setting light is on to indicate that compression therapy is functioning.</li> <li>Check that blue connectors between cold-compression pad and tubing are fully engaged with Breg logos lined up. Disconnect blue connectors and reconnect if needed.</li> <li>Tighten cold-compression pad.</li> <li>Check that tubing and cold-compression pad are not kinked.</li> <li>Remove cold-compression pad and lay it flat. Check if the cold-compression pad is inflating with air and then reapply.</li> </ul>
<b>Condensation</b>	<ul style="list-style-type: none"> <li>Wrap material loosely over cold-compression pad and tubing to minimize air exposure.</li> <li>Protect the wound site by using a sterile dressing with waterproof barrier. Acceptable barriers include Webril™, Kerlix™, cast padding and elastic bandage.</li> </ul> <p><b>Note:</b> Some condensation on the tube and cold-compression pad is possible, especially in warmer climates. Place a cloth layer under the container to protect items under the unit.</p>	<b>Compression therapy: cold-compression pad not deflating properly</b>	<ul style="list-style-type: none"> <li>Check that blue connectors between cold-compression pad and tubing are fully engaged with Breg logos lined up.</li> <li>Disconnect blue connectors, deflate pad by rolling to remove air, and reconnecting blue connectors if needed.</li> </ul>
<b>Unit is leaking from blue connectors</b>	<ul style="list-style-type: none"> <li>Disconnect blue tabs on the cold-compression pad connector.</li> <li>Check that the Breg logos on the blue connectors are lined up correctly and reconnect.</li> </ul>		

**MIDWEST ORTHOPAEDICS AT RUSH REMINDERS:**

- Each ice treatment should be no longer than 20-30 minutes every hour when awake (as needed).
- Compression therapy is performed no longer than 20-30 minutes every hour when awake (as needed):
  - 1-3 days post-operatively start off using **Low Compression**, only as tolerated increasing to **Regular Compression** following the 3rd day.
  - Ice Treatment and Compression Therapy can be performed at the same time.
- If using the unit while wearing a brace, loosen the straps on the brace to allow expansion of the pad.
- Prior to unplugging the unit from the pad, remove all water from the pad to prevent leakage.
- To remove water: unplug unit, place on the floor lower to extremity, gently apply pressure to the pad.

**WARRANTY:** Breg, Inc. warrants that this product is free from defects in workmanship and materials and fit for use for 6 months from initial purchase under normal use for which it was intended. Breg, Inc.'s obligation under this warranty is limited to the replacement or repair of any defective part or parts of this product. All expressed or implied warranties, including the warranty of merchantability and fitness for a particular purpose, are limited to the actual warranty period set forth above. No other warranty, expressed or implied, is given and no affirmation of or by seller, by words or action, will constitute a warranty.

**GENERAL WARNINGS:** The Polar Care Wave can be cold enough to cause serious injury, including full skin necrosis. Follow and carefully read the instructions for use and the cold-compression pad fitting instructions (printed on each cold-compression pad) prior to use. Patients with any of the following cognitive risk factors should only use Polar Care Wave under direct supervision of a medical professional or caretaker. If patient has any of the cognitive risk factors below, medical professional or caretaker should provide skin checks: • Children under 18 years old and elderly • Cognitive disabilities • Communication barriers • Use of medications that have a negative effect upon mental capacity • Visually impaired Discuss treatment with your licensed healthcare professional Ask your healthcare professional about potential adverse reactions and cold-induced injuries. Certain medical conditions make cold-induced injury more likely. Use only according to your healthcare professional's instructions regarding the frequency, duration, and settings of cold and compression application and length of breaks between uses, how and when to inspect the skin, and total length of treatment. The Polar Care Wave and cold-compression pads are intended for single patient use only, dispensed with a prescription.