

# IMPORTANT SAFETY INSTRUCTIONS DO NOT DESTROY

**PLEASE READ ALL SAFETY INSTRUCTIONS AND ALL PRODUCT LABELS BEFORE USING THIS HEATING PAD. IF YOU DO NOT UNDERSTAND ANY OF THESE INSTRUCTIONS, DO NOT USE THIS PRODUCT.**

**DANGER:** IF USED IMPROPERLY, THIS PRODUCT CAN CAUSE SEVERE BURNS TO SKIN, AND DAMAGE TO PROPERTY. TO REDUCE THE RISK OF BURNS, ELECTRIC SHOCK AND FIRE, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS.

1. READ ALL INSTRUCTIONS BEFORE USING.
2. DO NOT USE WHILE SLEEPING.
3. DO NOT USE ON AN INFANT.
4. THIS PAD IS NOT TO BE USED ON OR BY ANY UNCONSCIOUS PERSON, ANY PERSON WITH POOR BLOOD CIRCULATION, OR ANY PERSON WITH DIABETES UNLESS CAREFULLY ATTENDED.
5. DO NOT USE ON AREAS OF INSENSITIVE SKIN.
6. BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING. CHECK SKIN UNDER PAD FREQUENTLY.
7. NEVER LEAVE HEATING PAD UNATTENDED.
8. DO NOT USE PINS OR OTHER METALLIC MEANS TO FASTEN THIS PAD IN PLACE.
9. DO NOT SIT ON OR CRUSH PAD. AVOID SHARP FOLDS.
10. NEVER PULL THIS PAD BY THE SUPPLY CORD. DO NOT USE THE CORD AS A HANDLE. UNPLUG WHEN NOT IN USE.
11. THIS HEATING PAD IS INTENDED FOR USE ON TOP OF THE BODY. DO NOT SIT OR LIE ON TOP OF THE HEATING PAD. NEVER PLACE PAD BETWEEN YOURSELF AND A CHAIR, SOFA, BED OR PILLOW.
12. LOOP CORD LOOSELY WHEN STORING. TIGHT WRAPPING MAY DAMAGE CORD AND INTERNAL PARTS.
13. DO NOT USE PAD WITH LINIMENT, SALVE OR OINTMENT PREPARATIONS THAT CONTAIN HEAT-PRODUCING INGREDIENTS. SKIN BURNS CAN RESULT.
14. DO NOT USE A HEATING PAD WHEN SYMPTOMS OF APPENDICITIS ARE PRESENT. CONSULT YOUR PHYSICIAN.
15. INSPECT THIS PRODUCT BEFORE USING IT IN ORDER TO MAKE SURE THAT THERE ARE NO BROKEN PARTS, MISSING PARTS AND/OR DAMAGED AREAS. DO NOT USE HEATING PAD IF THERE ARE BROKEN PARTS, MISSING PARTS OR DAMAGED AREAS.
16. THIS APPLIANCE HAS A POLARIZED PLUG (ONE BLADE IS WIDER THAN THE OTHER). AS A SAFETY FEATURE, THIS PLUG WILL FIT IN A POLARIZED OUTLET ONLY ONE WAY. IF THE PLUG DOES NOT FIT FULLY IN THE OUTLET, REVERSE THE PLUG. IF IT STILL DOES NOT FIT, CONTACT A QUALIFIED ELECTRICIAN. DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.
17. DO NOT USE AN ELECTRICAL OUTLET THAT HAS BECOME LOOSE OR DOES NOT ENGAGE THE POWER PLUG TIGHTLY.
18. DO NOT IMMERSE IN WATER OR USE CHEMICALS OR SOLVENTS DURING CLEANING, EXCEPT AS DIRECTED IN THE OWNERS MANUAL.
19. DO NOT REMOVE PRODUCT LABELS THAT CONTAIN WARNINGS OR SAFETY INSTRUCTIONS.
20. CONSULT WITH A PHYSICIAN FOR USE WITH CONTROLLED SUBSTANCES.
21. DO NOT USE WITH ALCOHOL.
22. HOUSEHOLD PLUG USE ONLY.
23. SAVE THESE INSTRUCTIONS.

## WARRANTY

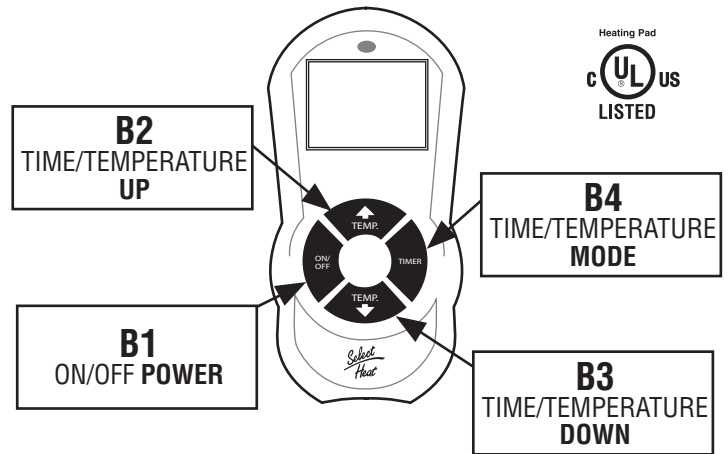
This heating pad is warranted against defective material or workmanship from the date of purchase. This unit's warranty length is: 4 years.

Many safety checks are built into the control for your safety. If the pad finds a safety issue, the power is terminated to the pad and the LCD will display an "EE" message. To reset the unit, remove the plug from the outlet and plug it back in. If the unsafe condition continues to exist, the control will again go into safety mode, all power will be cut off, and the LCD will display an "EE" message. If repeated attempts continue to produce an "EE" message, please email customer service [info@caraincorporated.com](mailto:info@caraincorporated.com).

Any defective part will be repaired or replaced at no charge as long as it has not been repaired or tampered with and was used according to these printed instructions. Any charges incurred to ship the product back for replacement are the sole responsibility of the consumer. This warranty gives you specific legal rights as well as other rights, which vary from state to state.

## CONTACT US

If you experience unsatisfactory operation or have any questions or comments, please email customer service: [info@caraincorporated.com](mailto:info@caraincorporated.com), call 1-800-445-2001 or write: Cara Inc., 333 Strawberry Field Road, Suite # 2, Warwick, RI 02886, USA. Please be sure to include the model number of the unit, as well as a detailed description of how the pad is operating. **Do not return product to store.**



## OPERATING INSTRUCTIONS

### Powering ON

Make sure pad connector and controller connector are properly engaged. Plug controller into 120VAC, 60 Hz electrical outlet. Above the LCD, the top LED will turn on, indicating unit is connected and ready for use. The controller operates 4 push-buttons. Press **POWER button (B1)** once the controller is connected to a household electrical outlet.

### Selecting Temperature Settings

The LCD will display the temperature setting retained from the previous session. A thermometer icon bar graph indicates the temperature mode. Use the **UP button (B2)** and **DOWN button (B3)** to select the temperature setting (110°F, 120°F, 130°F, 140°F, 150°F, 160°F). The display shows progress as the pad temperature changes. Use UP and DOWN buttons at any time to adjust the temperature setting.

### Selecting Auto Shut-off Times

Press **MODE button (B4)** to set the Auto Shut-off time. A clock icon will indicate the time mode. Use UP and DOWN buttons to select desired Auto Shut-off time setting (30 or 60 minutes). Use UP and DOWN buttons at any time to adjust the time setting. In a few seconds the display returns to the temperature mode.

You may press MODE button to see the remaining minutes left of your selection. Press MODE button again to return to the temperature mode right away. During the last two minutes of the Auto Shut-off, the display goes into the time mode automatically, and remains in that mode up to the end of the session.

### Powering OFF

To restart the pad at any time, press POWER button to turn the pad off and then press POWER button again to turn the pad on. The Auto Shut-off timer resets. Be sure to disconnect from power source unit after use. **Never leave a connected unit unattended.**

### Dry Heat Therapy

1. Plug the power cord into a 120VAC, 60 Hz electrical outlet.
2. Set the controller to desired settings
3. Place the pad on the area needing heat.
4. Press the OFF button and unplug power cord when finished.

### Moist Heat Therapy

1. Insert the pad into the cloth cover without the sponge
2. Saturate the sponge with warm water and wring out any excess.
3. Place the sponge on the heating pad inside the cloth cover.
4. Plug the power cord into a 120VAC, 60 Hz electrical outlet.
5. Set controller to desired settings.
6. Press the OFF button and unplug power cord when finished.

### Automatic Shut-Off

Your heating pad is equipped with a special safety feature designed to shut the heating pad off after 30 or 60 minutes of use. When the automatic shut-off feature turns the pad off, the LCD on the controller turns off to let you know the pad has shut off. To restart the pad, just reselect the On/Off button.

Due to continuing product development, the product you purchased may differ slightly from the one shown and described above.

## WASHING INSTRUCTIONS

**DO NOT DRY CLEAN!  
DO NOT USE BLEACH!  
DO NOT USE WRINGER!  
DO NOT IRON YOUR HEATING PAD!**

1. Set controller to OFF and unplug pad from wall outlet.
2. Disconnect power cord. **DO NOT** pull by the cord.
3. Disengage pad/controller connector.
4. Machine wash pad in warm water on gentle cycle; tumble dry on medium heat. Remove promptly from the dryer. Or hand wash in warm water and line dry.
5. **DO NOT** plug in pad until it is dry.