



## Sideline Cooling Bandage 7.5cm x 3.5m

**\$7.93**

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### Details

The Sideline Cooling Bandage provides cooling and compression. It can be used in sports, emergency rooms, equine and schools. It is cost-effective and no refrigeration is necessary.

Cooling is a well-established approach to speeding up and recovery of muscular bruises and strains.

#### INSTRUCTIONS:

Remove cooling bandage from packaging and lightly squeeze out excess fluids. Wrap the cooling bandage around the injured area, overlapping the edge by 15mm (overlap blue lines). Tuck the cooling bandage in at the top to secure. Leave



uncovered to allow evaporation. For optimal results, leave the cooling bandage on the injured area for over an hour.

### **Important**

You must not rely on the information on this site as an alternative to medical advice from your medical physician or other qualified healthcare provider. Consult your healthcare provider immediately if you think that you may have a medical emergency or for the diagnosis and treatment of injuries. Always seek the advice of your physician or other qualified healthcare provider before starting any new treatment or with any questions that you may have regarding a medical condition or injury.

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