



HOT & COLD THERAPY

WHEN COMFORT, CARE AND CONVENIENCE MATTER MOST



Target
heat or cold
right where
it's needed.

What is Hot & Cold Therapy?

Hot and cold therapies are typically used to treat injuries. In general, cold therapy is used first, for a day or two to reduce swelling, and then hot therapy follows for further relief.



Hot Therapy

What does it do? Hot therapy opens blood vessels, which increases blood flow, minimizes pain and relaxes muscles.

What is it used for? Hot therapy is used on injuries after swelling and inflammation have subsided. It's also used following cold therapy to treat pulled or torn muscles and tendons. Hot therapy at slightly lower temperatures, sometimes called "warm" therapy, can be applied to infants and patients with poor circulation to increase blood flow and raise the veins, making blood draws and I.V. therapy easier and less traumatic.

Cold Therapy

What does it do? Cold therapy slows down blood flow to an injury, which reduces swelling and pain.

What is it used for? Cold therapy is used to reduce inflammation and swelling by lowering skin temperature. It also helps relieve pain by numbing injured tissues and reducing muscle spasms. It is important to apply cold therapy to an injured area as soon as possible to keep swelling to a minimum.

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All Medline hot and cold therapy products are latex-free.



Introducing Medline's **Fold-to-Activate** **EASY ACTIVATION** **Hot & Cold Packs**



Only Medline offers the fold-to-activate feature across the product line

So easy to use! No more wrestling with the pack to get the inner lining to burst. Simply fold Medline's pack in half, and the lining bursts easily to activate the chemical reaction inside.

In answer to requests for packs that were easier to activate, Medline collaborated with customers, and the result is our new fold-to-activate packs. This new design replaces the industry standard – “squeeze to activate” – hot and cold packs, which can be difficult to use. When having to squeeze to activate, it can take several attempts before the inner lining bursts, which can be frustrating and time-consuming. The new design eliminates this frustration and saves time.

How it works



1
Fold the product in half

2
Shake

3
Wrap in Cloth

4
Apply



Denotes products with fold-to-activate technology

INSTANT PACKS

Several sizes and types – plus fold-to-activate convenience

Our wide selection of instant hot and cold packs are designed to fit your specific needs and budget, whether you're looking for soft, pliable material that easily conforms to the affected area, an insulating effect or a basic pack that gets the job done. And our new fold-to-activate feature provides quick, hassle-free activation.



Accu-Therm Insulated Instant Packs for targeted, longer-lasting therapy

- Additional insulating layer directs heat or cold directly to affected area.
- Insulation provides a longer-lasting effect.
- Soft and pliable bag conforms easily to the affected area.
- Use with Medline compress holders on page 5.

Item #	Description	Size	Target Temp	Pkg
MDS139000	Cold Pack	6" x 10" (15.2cm x 25.4cm)	32°F/0°C	24/cs
MDS139005	Hot Pack	6" x 10" (15.2cm x 25.4cm)	135°F/57.2°C	24/cs



Accu-Therm Instant Hot and Cold Packs conform easily to affected area

- Our top seller!
- Soft and pliable bag conforms easily to the affected area.
- Use with Medline compress holders on page 5.

Item #	Description	Size	Target Temp	Pkg
MDS138000	Cold Pack	6" x 10" (15.2cm x 25.4cm)	32°F/0°C	24/cs
MDS138010	Cold Pack	4" x 6" (10.2cm x 15.2cm)	32°F/0°C	16/cs
MDS138005	Hot Pack	6" x 10" (15.2cm x 25.4cm)	130°F/54.4°C	24/cs



Standard Instant Packs for the cost conscious



- Ideal for quick applications.
- Economical choices
- Use with Medline Compress Holders featured below.

Item #	Description	Size	Target Temp	Pkg
MDS137000	Cold Pack	5 ³ / ₄ " x 9" (14.6cm x 22.9cm)	32°F/0°C	24/cs
MDS137020	Cold Pack	5" x 6" (12.7cm x 15.2cm)	32°F/0°C	50/cs
MDS137050	Hot Pack	5 ³ / ₄ " x 7" (14.6cm x 17.8cm)	120°F/48.9°C	24/cs



Compress Holders

- Protect the skin from extreme temperatures while holding hot or cold packs in place. Specially designed to fit Accu-Therm and Standard Instant Packs.

Item #	Size	Type	Closure	Color	Pkg
MDS138085	6" x 10 ¹ / ₂ " (15.2cm x 26.7cm)	Nonwoven	Handheld	White	100/cs
MDS138090	6" x 35" (15.2cm x 88.9cm)	Elastic Wrap	Hook & Loop	White	24/cs



Deluxe Instant Packs— a pack and holder all in one



- Sweatless, paper-covered pack allows for direct contact with the patient's skin.
- Deluxe packs save money and effort by eliminating the need for compress holders or towels.

Item #	Description	Size	Target Temp	Pkg
MDS148000	Cold Pack	6 ³ / ₄ " x 9" (17.1cm x 22.9cm)	32°F/0°C	24/cs
MDS148010	Cold Pack	5" x 7 ¹ / ₂ " (12.7cm x 19cm)	32°F/0°C	24/cs
MDS149000	Hot Pack	6 ³ / ₄ " x 9" (17.1cm x 22.9cm)	115°F/46.1°C	24/cs
MDS149010	Hot Pack	5" x 7 ¹ / ₂ " (12.7cm x 19cm)	115°F/46.1°C	48/cs



Instant Warm Packs for even warming

- Lower target temperature (110°F) is excellent for use on delicate skin and patients with poor circulation.
- Gel-like material provides consistent warmth throughout the pack to reduce the likelihood of burns.
- 4" x 11" size is made with soft, non-woven backed material for added patient comfort.

Item #	Description	Size	Target Temp	Pkg
MDS139007	Hot Pack	6" x 6" (15.2cm x 15.2cm)	110°F/43.3°C	36/cs
MDS139033	Hot Pack	4" x 11" (10.2cm x 27.9cm)	110°F/43.3°C	24/cs

PERINEAL PACKS

All-in-one design eliminates the need for separate pads and packs

Our combined perineal pack/OB pads are economical and convenient because they provide therapy and absorbency all in one product. The high degree of absorbency also reduces the need for frequent changing, freeing up caregivers' time and allowing new moms more privacy and rest.



Premium Perineal Cold Packs conform to the body for comfort

- Hour-glass shape is extra wide for optimum absorbency.
- Generous size reduces the need to use with extra OB pads.
- Tape tabs at front and back for secure placement.



Item #	Description	Size	Shape	Absorbency	Adhesive	Pkg
MDS158055	Premium Cold Pack	6 ³ / ₄ " x 14 ¹ / ₄ " (17.1cm x 36.2cm)	Contoured	Heavy	Tabs	24/cs



Deluxe Perineal Warm And Cold Packs—our top seller!

- Highly absorbent pad reduces leakage.
- Adhesive strip for secure placement.
- Warm packs provide comfort after cold therapy is discontinued.



Item #	Description	Size	Shape	Absorbency	Adhesive	Pkg
MDS148055	Deluxe Cold Pack	4 ¹ / ₂ " x 14 ¹ / ₄ " (11.4cm x 36.2cm)	Straight	Heavy	Strip	24/cs
MDS148065	Deluxe Warm Pack	4 ¹ / ₂ " x 14 ¹ / ₄ " (11.4cm x 36.2cm)	Straight	Heavy	Strip	24/cs



Standard Perineal Cold Packs save you money

- Best option for the cost-conscious facility.
- Features a standard weight OB pad.



Item #	Description	Size	Shape	Absorbency	Adhesive	Pkg
MDS138055	Standard Cold Pack	4 ¹ / ₂ " x 14 ¹ / ₄ " (11.4cm x 36.2cm)	Straight	Standard	None	24/cs

INFANT WARMERS

Quick, safe warming for newborns

Our infant warming products are safe yet effective for delicate newborn skin. The infant heel warmer maximizes the chance for successful blood draws, while helping to avoid multiple needle sticks. The infant transport warmer is a simple, efficient way to keep preemies warm and avoid hypothermia during transfers.



Infant Heel Warmer

- Soft inner gel conforms gently to infant's heel.
- Special size provides a good fit for increased comfort.
- Instant activation for quick and easy use.
- Safe, even warmth on delicate skin.

Item #	Description	Size	Attachment Method	Target Temp	Pkg
MDS138007	Heel Warmer	3" x 5" (7.6cm x 12.7cm)	Adhesive Tab	104°F/40°C	100/cs

Infant Transport Warmer

- Soft nonwoven cover for comfort.
- Provides consistent 104°F/40°C temperature for about two hours.
- Simple, reliable activation.

Item #	Description	Size	Target Temp	Pkg
MDS20422	Transport Warmer	10" x 16" (25.4cm x 40.6cm)	104°F/40°C	6/cs



MDS20422

ICE BAGS

A variety of options for specialized cold therapy

The different shapes and sizes of these ice bags accommodate the varied needs of your patients. And reusable closures make them easy to refill for repeated use on a single patient. The soft, spunbound outer layer protects the skin, while the dual-layer inner lining keeps moisture in the bag as the ice begins to melt.



Tie-on ice bag shown: NON4420

*Size of ice bag shown:
6 1/2" x 14" (16.5cm x 35.5cm)*



Tie-on bag for targeted, hands-free cold therapy

- Four 14" (35.6cm) ties allow bag to be attached right to affected area.
- Easy open-and-close reusable clamp closure.
- Available in two sizes.

Item #	Closure	Size	Attachment Method	Pkg
NON4410	Clamp	5" x 12" (12.7cm x 30.5cm)	4 Ties	50/cs
NON4420	Clamp	6 1/2" x 14" (16.5m x 35.6cm)	4 Ties	50/cs



Handheld bag for easy repositioning

- Easy open-and-close reusable clamp closure.

Item #	Closure	Size	Attachment Method	Pkg
NON4400	Clamp	5" x 12" (12.7cm x 30.5cm)	None	80/cs



Perineal bag—pain relief for new moms

- Contoured shape for a good fit.
- Flexible wire closure for comfort.

Item #	Closure	Size	Attachment Method	Pkg
NON4480	Flexible Wire	Perineal	None	100/cs



Hook-and-loop bag for targeted, hands-free cold therapy

- Two hook-and-loop straps allow bag to be attached right to affected area.
- Easy open-and-close reusable clamp closure.
- Available in two sizes.

Item #	Closure	Size	Attachment Method	Pkg
NON4450	Clamp	5" x 12" (12.7cm x 30.5cm)	Hook & Loop	30/cs
NON4460	Clamp	6 1/2" x 14" (16.5cm x 35.6cm)	Hook & Loop	30/cs



Special shape for the eye and nose area (EENT)

- Ideal for patients recovering from eye or nasal surgery.
- Flexible wire closure for comfort.
- Universal size.

Item #	Closure	Size	Attachment Method	Pkg
NON4440	Flexible Wire	EENT Style	Hook & Loop	30/cs



Specially designed for cold therapy on the face and head

- Hook-and-loop strap for secure positioning on face or head.
- Easy open-and-close reusable clamp closure.
- Universal size.

Item #	Closure	Size	Attachment Method	Pkg
NON4430	Clamp	5" x 12" (12.7cm x 30.5cm)	Hook & Loop	24/cs

REUSABLES

Effective hot and cold therapy that's easy on the budget

Your options are covered with these reusable products; whether you're looking for a refillable ice wrap, a traditional cold compress or a dual-purpose gel pack that can be microwaved or frozen to provide hot or cold therapy.



Ice Wraps—attach to affected area for targeted relief

- Includes elastic wrap with hook and loop closure for hands-free application.
- Clamp or zip top closure allows for refilling for single patient use.

Item #	Size	Closure	Pkg
NON4010	4" x 20" (10.2cm x 50.8cm)	Zip Top	50/cs
NON4020	6" x 24" (15.2cm x 60.9cm)	Zip Top	50/cs
NON4210	4" x 20" (10.2cm x 50.8cm)	Clamp	50/cs
NON4220	6" x 24" (15.2cm x 60.9cm)	Clamp	50/cs



Reusable Ice Caps—traditional yet reliable

- Twist-off cap with a latex-free rubber gasket to help prevent leaks.
- Reusable design can be filled with ice for cold therapy application.

Item #	Size	Pkg
MDS139206	Small 6" (15.2cm)	12/cs
MDS139209	Medium 9" (22.9cm)	12/cs



Reusable Hot and Cold Gel Packs are effective use after use

- Freeze or microwave to achieve appropriate temperature.
- Remains soft and pliable after freezing.
- Cleans easily with soap and water.
- Contains non-toxic gel.

Item #	Description	Size	Pkg
MDS138020	Reusable Hot/Cold Gel Pack	5" x 10" (12.7cm x 25.4cm)	16/cs
MDS138025	Reusable Hot/Cold Gel Pack	10" x 12" (25.4cm x 30.5cm)	12/cs

RETAIL PACKS

Hot and cold packs for the consumer market

These hot and cold packs are specially packaged for the retail market. Add them to the inventory at your DME store, consumer website, facility gift shop or other retail outlet. Items come in a full-color box with UPC code.



Instant Cold Packs

- Includes 2 instant cold packs with insulating layer for extended use.

Item #	Size	Accessory	Pkg
MED961	5" x 6" (12.7cm x 15.2cm)	N/A	24/cs



Reusable Hot and Cold Gel Packs

- Same pack may be microwaved for heat therapy or frozen for cold therapy
- Includes an elastic wrap for ease of use.

Item #	Size	Accessory	Pkg
MED959	4" x 10" (10.2cm x 25.4cm)	Elastic Wrap	24/cs

ICE BAGS					
Medline Item	Description	Pkg	Cardinal Item	KC Item	
NON4400	Clamp Closure, No ties, 5" x 12"	80 Ea/Cs	11300-100, 11426-010	33510	
NON4410	Clamp Closure, 4 ties, 5" x 12"	50 Ea/Cs	11400-100, 11427-020	33495	
NON4420	Clamp Closure, 4 ties, 6.5" x 14"	50 Ea/Cs	11400-300, 11427-010	33500	
NON4430	Clamp Closures, Bilateral Facial, Hook and Loop	24 Ea/Cs	11800-200, 11431-010	33101	
NON4440	Flexible Wire Closure, Eye/EENT Style, Hook and Loop	30 Ea/Cs	11900-100, 11436-010	33150	
NON4450	Clamp Closure, Hook and Loop, 5" x 12"	30 Ea/Cs	11600-100, 11433-020	33595	
NON4460	Clamp Closure, Hook and Loop, 6.5" x 14"	30 Ea/Cs	11600-300, 11433-015	33600	
NON4480	Flexible Wire Closure, Perineal, No ties	100 Ea/Cs	11500-100, 11435-010	33201	
NON4010	Ice Bag with Zip Closure and Elastic Wrap, 4" x 20"	50 Ea/Cs			
NON4020	Ice Bag with Zip Closure and Elastic Wrap, 6" x 24"	50 Ea/Cs			
NON4210	Ice Bag with Clamp Closure and Elastic Wrap, 4" x 20"	50 Ea/Cs			
NON4220	Ice Bag with Clamp Closure and Elastic Wrap, 6" x 24"	50 Ea/Cs			
INSTANT PACKS - COLD					
Medline Item	Description	Pkg	Cardinal Item	KC Item	HMS Item
MDS137000	Standard, 5.75" x 9"	24 Ea/Cs	107, 10104		6616, 6627
MDS137020	Standard, 5" x 6"	50 Ea/Cs	102, 103, 103B, 20204		6516, 6527, 6628, 6629
MDS138000	Accu-Therm, 6" x 10"	24 Ea/Cs			
MDS138010	Accu-Therm, 4" x 6"	16 Ea/Cs			
MDS139000	Accu-Therm, Insulated, 6" x 10"	24 Ea/Cs			
MDS148000	Deluxe, 6.75" x 9"	24 Ea/Cs	11440-012	59688	6000-019
MDS148010	Deluxe, 5" x 7.5"	24 Ea/Cs	11445-020, 11440-512	59681	6000-018
INSTANT PACKS - WARM AND HOT					
Medline Item	Description	Pkg	Cardinal Item	HMS Item	
MDS137050	Standard, Hot, 5.75" x 7"	24 Ea/Cs	11450-040		
MDS138005	Accu-Therm, Hot, 6" x 10"	24 Ea/Cs	11443-012, 11443-512		
MDS139005	Accu-Therm, Hot, Insulated, 6" x 10"	24 Ea/Cs	11443-012		
MDS149000	Deluxe, Hot, 6.75" x 9"	24 Ea/Cs		6001-047	
MDS149010	Deluxe, Hot, 5" x 7.5"	48 Ea/Cs		6001-049	
MDS139007	Standard, Warm, 6" x 6"	36 Ea/Cs	11450-040, 30104		
PERINEAL PRODUCTS					
Medline Item	Description	Pkg	Cardinal Item	KC Item	HMS Item
MDS138055	Standard, 4.5" x 14.25"	24 Ea/Cs	11500-010		6300
MDS148055	Deluxe, 4.5" x 14.25"	24 Ea/Cs			6300
MDS158055	Premium, Contoured	24 Ea/Cs	11447-010		
MDS148065	Warm, 4.5" x 14.25"	24 Ea/Cs	11501-010		6350
INFANT PRODUCTS					
Medline Item	Description	Pkg	Cardinal Item	Kendall	Respironics
MDS138007	Heel Warmer	100 Ea/Cs	11460-010, 11460-010T, 11470-010T	MH00002	C1223
MDS20422	Transport Warmer	6 Ea/Cs	11475-010		1015
MISCELLANEOUS					
Medline Item	Description	Pkg	Cardinal Item	KC Item	Graham-Field
MDS138085	Compress Holder, Handheld, 6" x 10.5"	100 Ea/Cs	11429-015		
MDS138090	Compress Holder with Elastic Wrap, Hook and Loop Closure	24 Ea/Cs			
MDS139206	Ice Cap, English Style, Small (6")	12 Ea/Cs			HT9007
MDS139209	Ice Cap, English Style, Medium (9")	12 Ea/Cs			HT9008
MDS138020	Reusable Hot/Cold Gel Pack, 5" x 10"	16 Ea/Cs	70304, 80304A	7724, 7727	
MDS138025	Reusable Hot/Cold Gel Pack, 10" x 12"	12 Ea/Cs	80600		
MDS133100	Hot Water Bottle, Stopperless, 2 Qts	6 Ea/Cs			3867-1



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