

# Getting Started: CryoJaw™ Cooler System

## Hot/Cold Compression Therapy for the TMJ & Jaw



Hot/cold-compression therapy is the standard in orthopedic recovery. The CryoJaw Cooler System is the only continuous hot/cold compression therapy available for craniofacial patients. The CryoJaw Cooler System provides the maximum benefits of ice and heat during your recovery to reduce swelling and pain, prevent muscle spasms, and preserve skin elasticity for improved tissue healing.

The CryoJaw Cooler System works by applying pressure to the tissue while maintaining an optimal temperature to minimize your pain and swelling. Regular ice packs should only be used for 30 minutes at a time. The CryoJaw Cooler system uses the Polar Cube cooler and compressive jaw wrap for continuous pain and swelling relief. Don't spend your recovery changing ice packs.

For maximum relief, begin your CryoJaw Cooler therapy shortly after your surgery. You can wear the system continuously for 4-6 hours before changing the ice. For the first two days after surgery, continuous cold therapy will most effectively reduce your pain and swelling. From the third day, you can alternate between hot and cold for continued pain relief, reduced swelling, and relaxed muscles.

### Recommended Usage:

#### Cold Protocol - For Pain and Swelling:

- Fill the cooler with ice to the internal line.
- Add water above the inlet to the internal line.
- Velcro the headwrap with bottom under the chin.
- Plug-in the cooler.
- Wear continuously or as directed by your doctor

#### Hot/Cold Protocol - For Pain Relief

- Use as desired from the 3rd day after surgery.
- Alternate with cold (as above) for 30-60 mins.
- Switch to hot tap water for 30-60 mins.
- Switch back to cold; and repeat.

**Questions:** Call us at 1-800-206-8381 for any questions about usage or cleaning. We have over 16-years of experience.

**One-Year Warranty:** Problem? Call us. We'll fix it!

**CAUTION:** Do not overtighten the headwrap. Pads should feel neutral on the face after 30 min. If your face still feels cold, remove and loosen headwrap.

### Hot/Cold-Compression Benefits:

- Reduces swelling and pain.
- Alleviates muscle spasms.
- Stabilizes injured tissues.
- Lasts 15 times longer than ice.
- Easy pain relief with heat.
- Safer. Smarter. More convenient!

### Helpful Hints:

- Instead of ice, freeze some liter water bottles. Put one in the cooler, and leave one in the freezer. When one melts, replace it with the other. No need to pour out the melted ice water.
- Wash the JawBra by hand or on the delicate cycle.
- It can be painful to remove the JawBra from your head. Instead, disconnect the pad from cooler hose.
- Save the system! Visit [AspenGoldMedical.com](http://AspenGoldMedical.com) for pads to treat the knee, back, shoulder, ankle, etc.

**⚠**The Hot/Cold-Compression System is a medical device and should only be used under the guidance of a doctor or therapist. Please see the User Manual for device warnings and information. As with any joint therapy, patient outcomes may vary.



**READ THE MANUAL AND ALL INSTRUCTIONS BEFORE USING THE CRYOJAW COOLER SYSTEM.**



**CRANIOMANDIBULAR REHAB, INC.**  
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