



KIRON

The Cradle

TMJ Pain
and Headache
Management
System



How to Wear

The three straps on the Kiron TMJ Cradle are conveniently labeled with the part of the head they should contact.

To adjust the cradle for your first use, separate the two halves. Position the cradle so that both halves rest just above your ear, and close the velcro marked HEAD.

Adjust the NECK and CHIN straps to hold the cradle tightly, but comfortably, against your head.

For future use you only need to open and close the CHIN strap.



Heat Therapy Cradle

DO NOT remove the heat packs from the cradle prior to microwaving.

Place the cradle in the microwave on HIGH for 30-45 seconds, depending on your microwave.

We recommend heating in 30-second intervals to avoid overheating the packs.

They should be "comfortably hot": emitting moist heat but not uncomfortable to hold in your hand.



Cold Therapy Cradle

The cold cradle and packs should be placed in the freezer overnight or for at least 3 hours before their first use.

Cold should be applied for approximately 15 minutes, followed by a break of at least 15 minutes.

For best results, return the cold cradle to the freezer immediately.

When used for 15 minutes and returned, they should be ready for use again in 30-45 minutes.

When to Wear

The Kiron TMJ cradle is designed to be a hands free device that can be worn any time. Most patients choose to use the cradle in the evening, but, if your symptoms are primarily related to a nighttime habit, morning use may be indicated.

Cold therapy is most effective for acute (new) episodes of pain. It may also be used in alternation with heat for maintenance therapy.

Heat therapy is most effective for chronic (long-term or recurring) pain. Heat should not be used in the first 48 hours following an acute pain episode.



www.kironlabs.com

**Designed in California
by Kiron scientists and clinicians**

Care Instructions

The heat and cold inserts may be removed for replacement, or to allow the cradle to be washed.
DO NOT wash the cradles with the hot or cold inserts inside. The cradle should be washed in cold water with mild detergent and allowed to air dry.

Precautions for Use

DO NOT warm the Heat Therapy Cradle by any means other than a microwave oven. It is not intended for use with any radiant heat source. DO NOT use if the heat insert becomes wet. Remove it from the cradle and allow it to dry completely before using.
DO NOT chill the Cold Therapy Cradle in a freezer capable of reaching temperatures below -10°F.

DO NOT cut or puncture either the hot or cold insert.

If the hot or cold insert is torn or punctured, dispose of it in the trash. If you are exposed to the contents and symptoms develop, follow these first aid measures:

Inhalation: Supply fresh air.

Skin contact: Wash with soap and water and rinse thoroughly.

Eye contact: Rinse opened eye under running water for several minutes.

Ingestion: Rinse out mouth and drink a large volume of water.

If symptoms persist, contact a physician.

LIMITED WARRANTY

What is Covered

This warranty covers defects in materials or workmanship, with the exceptions noted below

How Long Coverage Lasts

The cradle is covered for a period of one (1) year. The hot and cold inserts are covered for a period of six (6) months. Coverage begins on the date of original purchase of the system, and is not transferable.

What is Not Covered

This warranty does not cover fading or discoloration of fabric due to normal use or care. This warranty does not cover damage to the cradle or inserts resulting from a failure to follow the product directions.

What Will Kiron Do

If Kiron determines your product failure is the result of a defect in materials or workmanship within the coverage period, we will replace the defective components.

How to Get Service

Contact Kiron through our web site, www.kironlabs.com, or by calling (877) 289-0282. A Kiron representative will determine whether your product needs to be returned to us for inspection.

How State Law Applies

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

PLEASE READ ALL OF THE INSTRUCTIONS BEFORE USING YOUR PRODUCT.

WARNING: THIS PRODUCT USES HEAT PACKS AND COLD PACKS, BOTH OF WHICH USERS MAY BE SENSITIVE TO OR WHICH MAY CAUSE INJURY. IF YOUR SKIN IS SENSITIVE TO HEAT OR COLD, OR YOU HAVE A CONDITION THAT MAKES YOU SENSITIVE TO HEAT OR COLD, DO NOT USE THIS PRODUCT.

USE OF THIS PRODUCT MAY RESULT IN INJURY INCLUDING, BUT NOT LIMITED TO, RASH, HIVES, WELTS, BURNS, BLISTERS, SWELLING, AND ITCHINESS. SHOULD ANY OF THESE, OR OTHER ADVERSE CONDITIONS OCCUR, IMMEDIATELY STOP USING THE PRODUCT.

THIS PRODUCT IS NOT SAFE FOR USE ON CHILDREN UNDER THE AGE OF TWO (2).

THE FABRIC IN THIS PRODUCT MAY CONTAIN NATURAL RUBBER LATEX WHICH MAY CAUSE ALLERGIC REACTIONS.

In no event, regardless of cause, shall Kiron be liable for any indirect, special, incidental, punitive or consequential damages of any kind, whether arising under breach of contract, tort (including negligence), strict liability or otherwise, and whether based on this agreement or otherwise, even if advised of the possibility of such damages.

This product is designed to treat the symptoms of disorders of the temporomandibular joint and its associated structures, and to provide relief from tension and migraine headaches. It is not designed to, and cannot, cure any defect in the structure of the temporomandibular joint. This product is not intended to replace the care of a licensed healthcare professional. If your symptoms persist or worsen you should seek care immediately. If you are using this product under the care of or on the advice of a healthcare provider, you should follow up with them periodically.