



"Leave the Pain Behind"®

Thank you for ordering from Doctor Butler's. This seat cushion was developed by an experienced proctologist to reduce swelling and anorectal pressure, making it the best chair pillow for targeted hemorrhoid relief.

Steps to relieve hemorrhoid pain:

1. Place both included gel packs in the freezer.
2. Once frozen, insert one pack into the sleeve on the top of the cushion. Leave the second gel pack in the freezer for use when the first one is no longer cold.
3. Wear breathable clothing while sitting. Jeans may be too thick for the therapy to be effective. Do not use seat cushion without clothing.
4. Continue cold therapy until you've reduced hemorrhoid swelling.
5. Once swelling has gone down, heat a room temperature gel pack in the microwave for 20 to 30 seconds. Heat therapy helps keep healthy blood flowing to the affected area, starting the hemorrhoid healing process.
6. Continue using the seat cushion for as long as comfortable. The design of the cushion helps position the body in a way to reduce pressure on the perianal region. This helps reduce pressure on active hemorrhoids, and also helps reduce pressure that can trigger flare ups.
7. Wash cushion cover and gel packs as needed.
 - a. To clean cover, just unzip and wash in warm water on a gentle cycle with a cold water rinse. Do not bleach, dry clean, tumble dry or iron.
 - b. To clean gel pack, wipe clean with a damp cloth and mild detergent.

Questions?

For any questions or concerns, please get in touch at www.doctorbutlers.com/contact

Thank you gift!

Feedback helps make Doctor Butler's products better. Please leave a testimonial of your new cushion by going to www.doctorbutlers.com/offers. A thank you gift is available for doing so.

