

FOR COLD USE:

- FOR FIRST USE, LAY GEL PACK FLAT IN THE FREEZER FOR A MINIMUM OF TWO HOURS
- INSERT GEL PACK INTO THE WRAP
- STORE GEL PACK IN FREEZER FOR FUTURE USE

FOR HOT USE

MICROWAVE

- PLACE THE GEL PACK IN THE MICROWAVE FOR CIRCA 30 SECONDS ON 700W
- CHECK THE TEMPERATURE (IMPORTANT: THE GEL PACK WILL STILL HEAT UP AFTER)
- IF WARMER TEMPERATURE IS DESIRED: HEAT IN THE MICROWAVE FOR 10 MORE SECONDS
- TEST AGAIN UNTIL DESIRED TEMPERATURE IS REACHED
- DO NOT EXCEED 55 SECONDS
- MICROWAVES DO NOT HEAT EVENLY. KNEAD THE HEATED PACK TO DISTRIBUTE THE HEATED GEL INSIDE
- ALWAYS TEST THE PACKS TEMPERATURE TO DETERMINE OF IT IS COMFORTABLE
- PLACE THE PACK IN THE WRAP BEFORE USE

HOT WATER

- BRING WATER TO BOIL
- PLACE THE GEL PACK IN THE WATER
- APPROXIMATELY 4-10 MINUTES
- CHECK EVERY MINUTE AFTER 4 MINUTES IF DESIRED TEMPERATURE IS REACHED

WARNING

- USE ONLY AS DIRECTED
- ALWAYS USE GEL PACK WITH THE WRAP
- FOR ADULT USE ONLY
- IF THE PACK IS UNCOMFORTABLE DURING USE, REMOVE THE PACK IMMEDIATELY
- APPLY THE GEL PACK NO LARGER THAN 20 MINUTES AT A TIME
- DO NOT APPLY GEL PACK DIRECTLY TO SKIN

