INSTRUCTIONS





COLD n' HOT PACKS

- Reusable Cold n' Hot Packs have a comfortable, soft exterior that molds to the contours of your body.
- The fabric covering remains frost-free during cold treatment and comfortable during heat treatment so they can be used without covers. If pack is too hot or cold a towel should be placed between skin and pack.
- The packs are filled with a non-toxic, non-crystallizing gel that keeps the packs pliable making them form-fitting.
- Use for cold treatment to soothe discomfort from injury, sprains and strains, muscle soreness, bruises, swelling and tension headaches.
- Use for heat treatment to soothe discomfort from a stiff neck, backache, arthritis and sprains and strains.

Carefully read warning on reverse side before use. Follow instructions below.

Instructions for Cold Therapy:

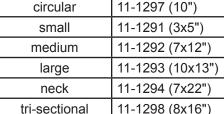
- Place pack in a flat position in the freezer for at least 1 hour.
- If pack is too cold use a towel between skin and pack or wait for pack to warm. Apply to injured area.
- After use pack can be stored flat in freezer for future use. For best results do not fold the pack.
- Do not freeze below 10°F (-12°C).

Instructions for Heat Therapy:

- Remove pack from plastic bag. Place pack in a flat position in microwave. Heat at full power in 30 second intervals (20 second intervals for small pack) until a comfortable treatment temperature is reached. Knead and rotate compress after each 30 (or 20) second interval to ensure consistent heating throughout pack.
- Do Not heat compress in microwave for more than two (2) minutes for each use. Excessive heating may cause the pack to rupture and leak.
- · Watch pack while heating. If pack starts to expand turn off microwave.
- If pack is too hot, use a towel between pack and skin, or wait for pack to cool. Apply pack to injured area.

cold n' Hot PACKS

Cold n' Hot pack size circular 11-1297 (10") small 11-1291 (3x5") medium 11-1292 (7x12")





large













tri-sectional

WARNING (Cold n' Hot Packs)

- Heat pack in microwave in 30 second intervals (20 second intervals for small size) per instructions. Do not heat pack in microwave more than two (2) minutes for each use. Excessive heating may cause pack to rupture and leak.
- Due to variations in microwave power levels, heating time may vary.
- Always check to make sure pack is not too cold or hot before applying.
- Treatment time should not exceed 30 minutes.
- Constantly monitor Cold n' Hot pack treatment to ensure skin is not irritated.
- Use extreme caution if applying to infants and children; always supervise.
- · Consult physician before using on persons with circulatory problems, desensitized feeling to temperature, or who are non-communicative.

 This product is for external use only. Although non-toxic, this product should not be eaten.

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