

# 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

pack size	Cold n' Hot
circular	11-1297 (10")
small	11-1291 (3x5")
medium	11-1292 (7x12")
large	11-1293 (10x13")
neck	11-1294 (7x22")
tri-sectional	11-1298 (8x16")



### 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.

