

TO USE HEAT: Wrap pack with damp cloth or paper towel.
Microwave for 15 seconds, add additional 5 second
intervals until desired temperature is reached.

TO USE COLD: Freeze for at least 2 hours. The pack should
only be applied to the relief area for the doctor recommended time of
20 minutes.

CAUTION: Packs can be cleaned with a mild soap or
detergent. Do not place any heavy objects on top of your
packs. Discard pack if punctured. Do not swallow beads.
Do not use on infants. Heating packs beyond the time stated
above is not recommended. For longer shelf life, keep pack in
freezer while not in use.

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