

**TO USE HEAT:**

Wrap pack with damp cloth or paper towel. Microwave for 10 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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