

TO USE HEAT:

Microwave for 30 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. Hand wash only. Do not place any heavy objects on top of your Packs. Discard Pack if punctured. Do not swallow gel. 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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