

HEATING INSTRUCTION

- Do not apply to affected area until swelling has subsided.
- Lay HCP flat on paper towel in microwave and heat on high for NO MORE THAN 20 - 30 seconds maximum (microwave vary in power so start with 30 seconds to begin and heat up in 10 seconds intervals to achieve desired heat).
- Carefully check for desired temperature. If too hot, allow to cool before using.
- DO NOT HEAT GEL PACK UNLESS AT ROOM TEMPERATURE.
- DO NOT use if HCP expands like a balloon, or is overheated, wait for HCP to cool down.
- Check HCP for sign of ruptures or leaks. If leaks occur, allow to cool and dispose of HCP in garbage.
- Knead HCP to distribute heat evenly and wrap in towel before use.
- Apply to desired area for 15 minute intervals. If pain persists after several treatments with the HCP please consult you local physician for professional medical advise.

FREEZING INSTRUCTION

- Place HCP in freezer for at least 2 hours for first time use (for repeat treatment place HCP in freezer for 30 minutes).
- Wrap HCP in towel after removing from freezer and before applying to desired area. DO NOT APPLY HCP TO ANY ONE AREA FOR MORE THAN 20 MINUTES AT ONE TIME.

USER INSTRUCTION

- Inspect area where the HCP has been applied every 5 minutes. If discoloration or redness occurs, discontinue use.
- Clean with warm water and a mild detergent.

WARNING: OVERHEATING CAN CAUSE SERIOUS HARM TO THE USER

IMPORTED BY: MARLIN INDUSTRIAL PRODUCTS INC
TORONTO, CANADA M6B 1W3.
NON - TOXIC SILICA GEL - MADE IN CHINA
THIS IS NOT A TOY AND IS NOT RECOMMENDED FOR
CHILDREN UNDER 5 YEARS OLD.
MARLIN INDUSTRIAL PRODUCTS INC. ASSUMES NO
RESPONSIBILITY OR LIABILITY WITH THE USE OF THIS
PRODUCT.