

Hot & Cold Pad INSTRUCTIONS

This non-toxic and non-caustic gel pack can be used as a hot or cold compress.



- 1** To warm, place pack in microwavable container, set the microwave at medium power, and heat pack at 30 second intervals until desired temperature is achieved. Or cover pack completely with 80°C - 90°C water and soak for 3 - 5 minutes.
- 2** To cold, place in freezer for one hour before using.