

Comfort Gel Pack Instructions

Microwave Heat Therapy Application:

- Place pack flat in the microwave and heat according to the chart below. (time is based on a 600 watt microwave)
- Remove pack from the microwave and check for desired temperature. If pack is not hot enough, heat the pack for an additional length of time according to the chart. Make sure the pack is not heated more than the maximum recommended time. **Note: Over heating could cause skin burns or pack to rupture.**
- If your Comfort Gel Pack has a cloth side, apply that side to the affected area. If your Comfort Gel Pack does not have a cloth side, place the pack in a sleeve or towel and apply to the affected area. Treat area for 15-20 minutes or as medically prescribed.
- Remove pack and wait a minimum of 1 hour before reapplying.

Freezer Cold Therapy Application:

- Place pack in freezer for at least 1-2 hours.
- If your Comfort Gel Pack has a cloth side, apply that side to the affected area. If your Comfort Gel Pack does not have a cloth side, place the pack in a sleeve or towel and apply to the affected area. Treat area for 15-20 minutes or as medically prescribed.
- Remove pack and wait at least 1 hour before reapplying.
- After application, return pack to freezer in flat position. Comfort Gel Pack will remain flexible.

Caution:

- Consult your physician before using this product.
- Heat should not be used if patient has circulatory problems.
- Do not stand or lie on pack. Excessive weight may cause rupturing or leakage.
- Discard pack if leakage occurs. (Contents are non-toxic)

Size	Initial Heating Period	Additional Heating Intervals	Do Not Exceed
4x4.5"	20 seconds	10 seconds	50 seconds
4" round	20 seconds	10 seconds	50 seconds
6" round	30 seconds	10 seconds	50 seconds
4x9"	30 seconds	10 seconds	50 seconds
6x7"	30 seconds	20 seconds	90 seconds
6x10"	30 seconds	20 seconds	90 seconds
9x12"	60 seconds	20 seconds	120 seconds
10x15"	60 seconds	20 seconds	120 seconds
5x18"	30 seconds	20 seconds	90 seconds
7x25"	90 seconds	30 seconds	180 seconds
Face	10 seconds	10 seconds	30 seconds
Eye	10 seconds	10 seconds	30 seconds
Happy H.	20 seconds	10 seconds	50 seconds