

ICE N HEAT PACK WRAP INSTRUCTIONS

NEOPRENE WRAP WITH ICE BAG

- Take Gel Pack and either Freeze or Heat
 - Ice - Place in **Freezer** for min. 1 hour until ideally the pack is frozen
 - Heat – Place in **Microwave** for approx 30 seconds if not fully heated place again in 10 seconds burst until suitable. Or place in **Boiling water** for approx. 4-10 minutes (as required)
 - Note (This is based on a 600W power Microwave – adjust accordingly for stronger power Microwaves)
- Once desired temperature is reached place Gel Ice Bag into Black Nylon pouch – Velcro retained opening
- **WARNING** You may require another cloth over the Wrap if temperature is too extreme to protect the skin
Do not to overheat or freeze the injured area
- Once Gel Pack is place into the nylon pouch simply place the Gel Pack onto the injured area and use the straps of the wrap to stay in place – note the longer strap should be above the injured area, shorter strap below

IMPORTANT:

- NEVER Ice for more than 15-20 minutes to avoid frost bite
- Before re icing swollen area ensure it has no numbness (Suggested is no sooner than 1 hour)
- DO NOT place extremely hot Gel Pack directly onto the skin as this could cause blistering

REMEMBER for injuries such as Sprains & Swelling

Rest, Compression and elevation assist the healing process and minimise damage to the affected area

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