

THANK YOU!

Please Read Before Use



- Always consult a medical professional for the best suitable product for your specific condition.
- Read instructions carefully before each use.
- Use only as directed. Do not apply the gel pack directly to skin to prevent frostbite. Use pouch or wrap with towel before applying.
- For external use only. Keep away from children, pets, elderly or incapacitated people.
- Do not apply to open wounds or sensitive skin.
- Should contents become exposed to skin or eyes, wash with water immediately and consult a physician.
- Discard if leaking or damaged.

Not Satisfied?

Contact us

Satisfaction Guaranteed

At ComfiLife we take pride in the quality of our products and our customer service. Your purchase comes with a 100% satisfaction and replacement guarantee.

If you are not 100% satisfied for any reason or if there are any issues with your gel pack please contact us and we will send you a FREE REPLACEMENT.

For any questions please contact us and our lightning speed customer service will take care of you.

How to use?

- Keep your gel pack in the freezer for at least 2 hours or heat following heating instructions in the back.
- Insert the gel pack carefully inside the sleeve.
- Wrap the sleeve around the affected area using the provided extension straps as needed for **hot** or **cold** therapy.
- Apply the gel pack for a maximum of 15 minutes at a time, remove for 20 minutes and repeat as needed.

Other Best Sellers From ComfiLife

ComfiLife Medium Gel Pack



ComfiLife Knee Ice Pack



ComfiLife Knee Pillow



ComfiLife Anti-Fatigue Mat



ComfiLife Knee Gel Beads



COLD THERAPY



HEAT THERAPY



INSTRUCTIONS

COLD APPLICATION

- Freeze gel pack for at least two (2) hours. Store in freezer for anytime use.
- Insert the gel pack into the included wrap's insulated pouch and apply as needed. Wet the pouch prior to the application for better cold transfer if needed.
- Apply the cold pack for a maximum of 15 minutes at a time. Remove for 20 minutes and repeat as needed. Consult a physician for extended use.

HOT APPLICATION

Hot Water Method:

- Fill a large pot halfway with water and bring to a boil.
- Remove from heat.
- Submerge gel pack in the water for about 10 minutes. Avoid splash / skin contact with hot water to prevent burns.
- Carefully remove gel pack from water using tongs, pat dry with towel, and insert pack into the wrap's pouch.

Microwave Heating Method:

Microwaves may vary please find the correct heating time for your microwave carefully. See chart for recommended heating time. Do not overheat.

- Smooth pack to distribute gel evenly. Fold gel pack in half to fit before placing in microwave.
- If the gel pack is at room temperature, heat it for 100 seconds (Heating Time 1). Allow pack to cool for about 20 seconds. Remove and knead the gel pack, then smooth and fold before returning to the microwave. Heat it for another 30 seconds (Heating Time 2). Check pack. If necessary, heat for an additional 20 seconds at a time until desired temperature is reached. (Refer to MICROWAVING CHART to estimate Heating Times 1 and 2.)
- For frozen gel pack, heat for 140-200 seconds until room temperature. (Time will vary with microwave. Record total heating time for future reference.) Allow to cool for 2 minutes, knead gel and then refer to Step 2.
- Insert gel pack into wrap's pouch, wait for the pack to cool down to a comfortable temperature and apply as needed.

CAUTION/WARNING

- Always consult a medical professional
- Read instructions carefully before each use
- Use only as directed. Do not apply gel pack directly to skin. Use pouch or wrap with towel before applying.
- Do not apply to open wound or sensitive skin.
- For external use only. Keep away from children, pets, elderly, or incapacitated people.
- Should contents become exposed to skin or eyes, wash with water immediately and consult a physician.
- Discard if leaking or damaged.
- Do not use while sleeping.

MICROWAVING CHART

Wattage	Heating Time	Additional Heating Time
700W	100 Seconds	30 Seconds
900W	90 Seconds	30 Seconds
1100W	80 Seconds	30 Seconds