

CRYOGRID®
GEL COLD PACKS
BY ARCTIC FLEX

OWNER'S MANUAL



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CRYOGRID KNEE ICE WRAP
SUP3050



To see all FAQs
in one place,
visit vhealth.link/osf

CRYOGRID KNEE ICE WRAP

WHAT'S INCLUDED



- 1x Cryogrid Knee Ice Wrap Cover
- 3x Cryogrid Knee Ice Packs
- 1x Frosted Protection Bag



INSTRUCTIONS



Want to watch us do this?
Check out vhealth.link/uvu
for an easy instructional video.

1. Insert the gel packs into the wrap pockets.



2. Adjust the straps so they are snug and secure. See the images below for proper placement.



COOL WITH FREEZER

NOTE: You may freeze just the gel pack or the entire wrap with the gel packs inserted.

1. Place gel pack flat in the freezer for at least 2 hours.
2. Remove gel pack from freezer and place it in knee brace before applying.
3. Apply the knee ice wrap to the affected area. Never apply cold therapy longer than 15-20 minutes at a time.

WARNINGS

CAUTION: For external use only. Carefully read all instructions and warnings before using. Use caution if you have sensory or circulatory issues.

- Not intended for heat therapy. Do not microwave.
- Recommended application time of 15-20 minutes at a time with repetitions every 1-1.5 hours as needed.
- Always place the gel packs inside the knee wrap pockets to avoid cold burns to skin.
- Do not puncture or tear gel packs.
- Check for leaks before use and discard if leaking.
- This product is non-toxic and latex free. If contents come in contact with your skin or eyes, rinse affected area with warm water immediately.
- If contents are swallowed, consult a physician immediately.
- Adult supervision is recommended when using this product on children. This product is not intended to be used on infants.
- If you experience swelling, discomfort or pain, stop treatment immediately and consult your physician.

HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at
[vhealth.link/osf](https://vivehealth.link/osf) for helpful answers.



And if that doesn't answer your question, our customer
service team would love to help!
Feel free to connect with them by phone,
e-mail, or chat on our website
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