

HOT AND COLD ARCH WRAPS

RHB3055BLKUNI



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QUICK START GUIDE

IMPORTANT USAGE GUIDELINES

- Maximum use: 20 minutes at a time.
- Wait 1 hour before reapplying.
- Use only while seated or reclined.
- Stay awake during use to monitor skin condition.

WHEN TO USE HEAT VS COLD THERAPY

Use cold therapy for acute injuries and inflammation, and heat therapy chronic muscle tension and stiffness or after the initial inflammation period has passed.

Acute Injury Examples

- Sprains
- Bruising
- Strains
- Swelling

APPLICATION

WARNING: Use this device only while seated or reclined. Do not walk or stand during application as this may cause device displacement and reduce therapeutic effectiveness.

1. Position the gel pack along the arch of the foot.



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Made in China

2. Fold the gel pack around the foot and secure in place.



3. Adjust compression for optimal fit and comfort.



QUESTION	ANSWERS
How long should I freeze the ice pack?	Gently knead the gel pack so its contents are well distributed, fold pack in half and place in the freezer for a minimum of 2 hours
How long should I heat the ice pack?	Heat in the microwave in 20 seconds intervals until desired temperature is reached, not exceeding 2 minutes total. Always test the temperature before applying.
Why is my skin red after use?	Mild redness is normal and should subside within 1-2 hours. If redness persists or is accompanied by pain, discontinue use and consult a healthcare provider.

WARNINGS ⚠

- Consult your doctor before use, especially for post-surgery support.
- Stop use if pain worsens.

- Assistance may be required during application of the support.
- Do not over tighten, doing so may lead to restricted blood circulation.
- Do not use on open wounds.
- If you experience any swelling, discomfort, or pain, stop use immediately.

Keep out of reach of children and pets. If gel contents are ingested, immediately contact Poison Control Center at 1-800-222-1222

MATERIALS

7% Nylon, 2% Spandex, 91% Gel

WARRANTY

1 year warranty against defects. Contact customer service with proof of purchase.