

# OWNER'S MANUAL

# MICROCORE HOT AND COLD PACK OPERATING INSTRUCTIONS

## WARNING:

**FAILURE TO READ THE WARNINGS AND TO FAMILIARIZE YOURSELF WITH THE INSTRUCTIONS PRIOR TO EACH USE COULD RESULT IN DAMAGE TO THE PRODUCT AND PERSONAL INJURY.**

**KEEP THESE INSTRUCTIONS FOR FUTURE USE AND REFER TO THEM BEFORE EACH USE.**

**DO NOT EXPOSE THE PACK TO PROLONGED PERIODS OF SUNLIGHT, WHICH CAN CAUSE THE PACKAGING TO DETERIORATE. THE CONTENTS ARE NON-TOXIC, BUT NOT FOR HUMAN CONSUMPTION.**

**DO NOT CLEAN THE PACK WITH ANY CHEMICALS OR HOUSEHOLD CLEANERS. USE ONLY MILD SOAP AND WATER.**

**DO NOT OVERHEAT THE PACK.**



## SAFETY INSTRUCTIONS AND WARNINGS

**BEFORE EACH USE:** INSPECT THE PACK FOR ANY SIGNS OF WEAR AND TEAR, PERMANENT CREASES, RIPS AND TEARS, PUNCTURE MARKS, LEAKAGE OR DISCOLORATION. IF ANY DAMAGE IS PRESENT, THE PACK **SHOULD NOT BE USED** AND SHOULD BE IMMEDIATELY DISCARDED.

- **DO NOT** ATTEMPT TO HEAT OR REHEAT THE PACK BY ANY OTHER MEANS THAN AS DIRECTED IN THIS MANUAL.
- **DO NOT** EXPOSE THE PACK TO OPEN FLAMES AS THE PACKAGING WILL MELT AND MAY CATCH FIRE.
- **DO NOT** HEAT THE PACK IN A DIRTY MICROWAVE AS ANY LEFTOVER FOOD PARTICLES OR GREASE MAY CAUSE HOT SPOTS WHICH WILL DAMAGE YOUR PACK.
- **DO NOT** ATTEMPT TO MICROWAVE A FROZEN PACK. ALLOW THE PACK TO COMPLETELY THAW TO ROOM TEMPERATURE PRIOR TO HEATING.
- **DO NOT** ATTEMPT TO DEFROST OR THAW THE PACK USING A MICROWAVE.
- **DO NOT** MICROWAVE THE PACK INSIDE A FABRIC COVER AS IT IS IMPORTANT TO OBSERVE THE PACK DURING THE ENTIRE HEATING PROCESS.
- **DO NOT** ALLOW THE PACK TO TOUCH THE SIDES OF THE MICROWAVE WHILE HEATING AS DAMAGE TO THE PACK MAY OCCUR.
- **DO NOT** LEAVE THE PACK UNATTENDED WHILE HEATING.
- **DO NOT** ATTEMPT TO IMMEDIATELY REMOVE THE PACK FROM THE MICROWAVE IF THE PACK EXPANDS (SWELLS-UP) DURING THE HEATING PROCESS. WAIT UNTIL THE PACK HAS COOLED DOWN AND THE SWELLING HAS SUBSIDED BEFORE ATTEMPTING TO REMOVE THE PACK.
- IF THE PACK EXPANDS OR LEAKS FLUID DURING THE HEATING PROCESS **DISCONTINUE USE AND DISCARD IMMEDIATELY.**
- **DO NOT** HEAT OR REHEAT THE PACK BEYOND THE RECOMMENDED TIMES.
- **CAUTION!** BE CAREFUL WHEN TAKING THE PACK OUT OF THE MICROWAVE BECAUSE IT WILL BE HOT.

**STORAGE & CARE WARNINGS:** THE PACK SHOULD BE STORED FLAT IN A COOL, DRY PLACE WHERE IT WILL NOT BE DAMAGED.

**DO NOT** STORE THE PACK IN A FOLDED OR TWISTED MANNER.

**DISPOSAL WARNINGS:** YOUR PACK HAS A LIMITED LIFESPAN AND CANNOT BE USED INDEFINITELY. YOUR PACK SHOULD BE DISPOSED, IF DEMONSTRATING WEAR AND TEAR OR DAMAGE. THE PACKAGING AND INTERNAL CONTENTS OF YOUR PACK IS NON-TOXIC AND CAN BE DISPOSED OF ALONG WITH YOUR REGULAR REFUSE.

## MICROWAVE INSTRUCTIONS:

USE THIS CHART FOR HEATING TIMES. THE PACK IS DESIGNED TO BE HEATED IN A CLEAN MICROWAVE.

CONSULT MICROWAVE MANUAL FOR MICROWAVE WATTAGE. IF YOU ARE UNSURE OF WATTAGE, START WITH A SHORT HEAT TIME AND GRADUALLY GO UP TO THE RECOMMENDED HEAT TIME. ALL MICROWAVES HEAT DIFFERENTLY.

ITEM	MICROWAVE 1000 WATTS — 1600 WATTS	MICROWAVE MORE THAN 1600 WATTS
5" X 7" - 20 OZ	2 MIN 30 SEC	1 MIN 30 SEC
8" X 12" - 24 OZ	2 MIN	1 MIN 30 SEC
8" X 12" - 40 OZ	4 MIN	2 MIN 30 SEC
10" X 14" - 40 OZ	4 MIN 15 SEC	2 MIN 30 SEC

## FREEZING INSTRUCTIONS:

PLACE PACK FLAT INTO A FREEZER OVERNIGHT.