

Heating & Cooling Times

Description	Code	Microwave Oven	Convection Oven	Freezer
Neck & Shoulder Medium	T112	2 Minutes	20 Minutes	Min 3 Hours
Back & Stomach Medium	T113	2 Minutes	20 Minutes	Min 3 Hours
Knee Pack	T114	1 - 1.5 Minutes	20 Minutes	Min 3 Hours
Wrist Pack	T115	1 Minute	15 Minutes	Min 2 Hours
Elbow & Ankle Pack	T117	1 Minute	15 Minutes	Min 2 Hours
Lavender Eye Pillow	T118	15 - 30 sec	N/A	Min 1 Hours
Neck & Shoulder Large	T124	2 Minutes	20 Minutes	Min 3 Hours
Back & Stomach Large	T126	2 Minutes	20 Minutes	Min 3 Hours
Neck Ease	T130	1 Minute	20 Minutes	Min 2 Hours
Small Pack	T140	1 Minute	20 Minutes	Min 2 Hours

Important Information

Microwave Oven - Heat the pack in a turntable microwave set to High for the time recommended above. As a safety measure, always place a glass of water in the microwave to reduce the risk of the pack overheating.

WARNING: Never use recycled paper products in microwave ovens unless they are specifically approved for microwave use. Some recycled products including paper towels and even waxed paper may contain minute metal flecks. When a microwave oven is operating, the interaction between microwaves and the metal can cause sparks and even flames.

Convection Oven - Insert the pack into an oven-safe bag, to keep pack clean. Preheat the oven to 200 degrees Celsius. Lower the temperature to 50 degrees Celsius. Place the bag in the oven for the time recommended above. **Check the pack at 5, 10 and 15 minutes to obtain the desired temperature.**

Freezer - Seal the pack into a plastic bag, to keep pack clean, place it in the freezer for the time recommended above.

Washing Hot & Cold Packs

Hand wash in warm soapy water, then rinse well. To dry, immediately place the pack in an oven heated to 50 degrees Celsius for around 15 – 20 minutes. Packs can also be dried in tumble driers which have a drying shelf to keep pack from tumbling. On a warm sunny day the packs could be hung on a washing line. Packs must not be allowed to remain wet or damp or the contents will go mouldy.