

Heating Instructions

Based on initial pack temperature below 75F (24C).

Knead after each heating. Microwave ovens vary; use care when heating and removing pack from microwave. Overheating pack may cause pack to rupture and/or leak. Carefully check the pack with the palm of your hand before applying. Discard pack if punctured or broken.

Heat 15 seconds on high heat, knead, and then continue heating at 5 second intervals until desired temperature is reached. Knead after each heating.