

DIRECTIONS FOR USE:

1. Turn cap counter clockwise to loosen and remove.
2. Fill Chill-It™ ice bag two-thirds full with either cold tap water, crushed ice, or ice cubes. Run ice cubes under cold water to melt any sharp edges.
3. Turn cap clockwise until the cap is secured tightly on the ice bag.
4. Turn ice bag upside down and press on bottom firmly to test for leakage.
5. Apply to desired area.
6. This ice bag transfers cold so effectively, condensation may occur in humid climates. Wrap ice bag in a soft towel if condensation is not desired or to protect sensitive skin areas. Apply ice bag for 10 to 15 minutes at a time. Reapply at least four times a day for the first 48-72 hours after injury; wait one hour between applications. If the injury is still sore after 72 hours but the swelling has subsided, switch to a hot compress.

WARNING:

- DO NOT** use anything other than plain water or ice on or in this ice bag.
- DO NOT** crush ice inside of the ice bag.
- DO NOT** force oversized ice cubes through the ice bag mouth opening.
- DO NOT** place heavy or sharp objects on top of this ice bag.
- DO NOT** expose ice bag to direct sunlight or intense heat.

CLEANING AND STORAGE:

1. After use, drain and air-dry bag before replacing cap.
2. Store ice bag in a dark, cool, dry place.