



THE ORIGINAL
BED BUDDY

DEEP SOOTHING **SINUS PACK** THERMATHERAPY™

**Microwave BED
BUDDY for 45 seconds
at standard power.
DO NOT leave BED
BUDDY unattended
while heating.**



ONLY use cold over the eyes

Product # - BBF2108

- Microwave heating times vary – DO NOT overheat. DO NOT use convection function of your microwave oven.
- Always heat on clean empty microwave safe dish. Lay flat and distribute contents of BED BUDDY evenly lengthwise.
- ALWAYS touch-test by shifting contents to check for hot spots before use.
- If higher heat is required, continue microwaving in 15 second intervals – repeat above.
- Contamination by food or liquids can cause overheating resulting in burns to the skin.
- Continually shift the position of the BED BUDDY when in use.
- NEVER place a heated BED BUDDY over the eyes.
- Never wash this BED BUDDY product. Wipe with a damp cloth only and let dry thoroughly.
- DO NOT use this product on persons with nerve damage, circulatory problems, sensitive skin, or with damaged or broken skin; or on persons unable to remove this product such as infants, children, and some older persons.
- Consult physician before use if pregnant or any medical conditions exist.

DO NOT exceed 1 minute total heating time.