



Arctic Flex

HOT AND COLD THERAPY GLOVES

Owner's Manual - RHB2085



COOLING INSTRUCTIONS

1. Lay the gel gloves flat in the freezer for a minimum of 2 hours.
2. Remove from the freezer. Gently knead the gloves to ensure that their contents are spread evenly.
3. Apply the fabric liner first then secure the glove on.
4. Cold therapy should not exceed 20 minutes at a time. Wait 1 hour before reapplication.

MICROWAVE INSTRUCTIONS

NOTE: Gel gloves must be at room temperature before heating in the microwave.

1. Gently knead the gel gloves to ensure that their contents are spread evenly. This allows the heat to disperse uniformly.
2. Place the gloves flat in the microwave on a dry paper towel.

- Heat the gloves at full power in 5-second intervals. Overheating will cause the gel to expand, rupture, and leak. Inspect the gloves at each interval to ensure no leaks have occurred.
- Carefully remove the gloves from the microwave. These gloves are best used when warm to the touch, but not extremely hot. If they are too hot, let them cool for at least 1 minute before use.
- Apply the fabric liner first then secure the glove on.
- Heat therapy should not exceed 20 minutes at a time. Wait 1 hour before reapplication.

APPLICATION

- Ensure that proper heating and cooling guidelines are followed before use.
- Apply the protective liner.



3. Tighten the strap to a snug fit, do not overtighten.



Note : Alternatively, you may wrap the straps around the hand to target the most affected areas with compression.



CARE

Clean using a damp cloth and mild soap. Leave to air dry. Do NOT machine wash or dry.

WARNINGS

CAUTION: For external use only. Use caution if you have sensory or circulatory issues.

- Do not overheat.
- Recommended application time is 20 minutes with repetitions every 1 hour as needed.
- Do not puncture or tear the gloves.
- Check for leaks before use and discard if leaking.
- This product is non-toxic and latex-free. If contents come in contact with your skin or eyes, rinse the affected area with warm water immediately.
- Adult supervision is recommended when using this product on children. This product is not intended to be used on infants.
- Assistance may be required during the application of this support.
- Do not overtighten. Doing so may lead to restricted blood circulation.
- If you experience any pain, swelling, sensation changes, or any unusual reaction while using this product, please consult your doctor immediately.



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