

vive®  
**WRIST ICE WRAP**

Owner's Manual  
SUP2003GRY

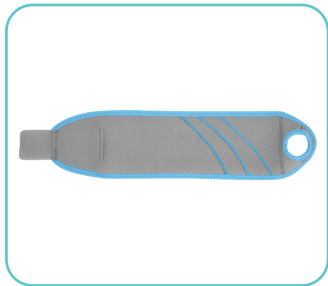


## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Wrist Ice Wrap as easy as possible.

## WHAT'S INCLUDED

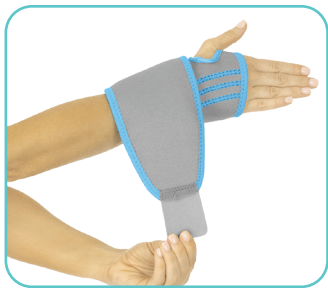
- Wrist Ice Wrap
- 1x Arctic Flex Gel Pack



## INSTRUCTIONS

1. Insert gel pack into the elastic pocket on the brace.
2. Slide your thumb through the thumb loop and wrap the brace strap around your wrist. Make sure the brace is worn so that the strap wraps around the outside of your wrist first.





3. Adjust the fit so that the wrap fits comfortably and is not constricting your hand.
4. Wear for no longer than 20 minutes at a time. If used repeatedly, leave the wrap off for 20 minutes before reapplying (reheat/ refreeze if needed - instructions to follow).

## COOLING INSTRUCTIONS

1. Lay the gel pack flat in the freezer for a minimum of two hours.
2. Remove from the freezer and gently knead the gel pack to ensure that its contents are spread evenly.

3. Apply the gel pack to the wrist within the wrap to protect your skin from the intense cold.
4. Wear for no more than 15-20 minutes at a time. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. (refreeze if needed)

## MICROWAVE HEATING INSTRUCTIONS

**Note:** Overheating will lead to leaks and ruptures. DO NOT heat the gel packs while still inside the wrap.

1. Place the gel pack flat in the microwave on a dry paper towel.
2. Heat the pack at full power in 5 second intervals.
3. Remove the packs with the tongs and place within the brace before checking the warmth with a light touch. Packs are best used when warm to the touch but not extremely hot. Note: DO NOT touch the pack directly, only touch the wrap covering. Pack may be extremely hot
4. If the pack is too hot, let it cool for at least one minute before application.
5. Once at the desired temperature, gently knead the gel pack to ensure that its contents are spread evenly.

6. Apply the wrap to your wrist and adjust the fit as needed. Wear for no more than 15–20 minutes at a time. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. (reheat if needed)

## STOVETOP HEATING INSTRUCTIONS

**Note:** DO NOT heat the gel packs while still inside the wrap.

1. Use a pot or pan large enough to accommodate the gel pack fully beneath the top edge of the pot/pan.
2. Place the gel pack inside the empty pot or pan.
3. Fill the pot with water. The water should not reach the top of the pot, but just high enough to cover the gel packs.
4. Remove the gel packs from the pot.  
Note: DO NOT boil the water with the gel packs still inside.
5. Place the pot on the stove and bring the water to a boil.
6. Once the water boils, remove the pot from the stove and allow to cool for two minutes.
7. Using tongs (without sharp edges) or oven mitts, gently place the gel packs in the boiled water. Let sit for 10 seconds.

8. Remove the packs with the tongs and place within the wrap before checking the warmth with a light touch. Packs are best used when warm to the touch but not extremely hot.  
**Note:** DO NOT touch the pack directly, only touch the wrap covering. Pack may be extremely hot
9. Remove from the covering and place the pack back in the water as needed in 5-second intervals. Retest and resubmerge as necessary until pack reaches desired temperature.
10. Apply the wrap to your wrist and adjust the fit as needed. Wear for no more than 15-20 minutes at a time. If used repeatedly, leave the pack off for at least 20 minutes before reapplying. (reheat if needed)  
**Note:** Be careful when placing and removing the packs from the pot, as the boiled water may splash.

## WARNINGS

**CAUTION:** For external use only. Carefully read all instructions and warnings before using. Use caution if you have sensory or circulatory issues.

- Do not overheat. Overheating can cause leaks and ruptures.
- Always seal the gel pack within the wrap cover to prevent direct contact with the skin. Harm to skin can occur due to extreme temperatures.
- Do not puncture or tear gel packs.
- Check for leaks before and after use, discard if leaking.
- This product is non-toxic and latex free. If contents come in contact with your skin or eyes, rinse affected area with warm water immediately.
- If contents are swallowed, consult a physician immediately.
- Adult supervision is recommended when using this product on children. This product is not intended to be used on infants.
- If you experience swelling, discomfort or pain, stop treatment immediately and consult your physician.