

HOT AND COLD WRIST SLEEVE

RHB2089BLK



QUICK START GUIDE

IMPORTANT INFORMATION

- Recommended use time: 15-20 minutes.
- Wait 1 hour before reapplication.
- Always place sleeve inside the provided resealable bag before freezing or storing.

SIZING GUIDE

If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit. Tape should be taut but not tight when measuring.

| SIZE | CIRCUMFERENCE (Measure around widest part of wrist) | LENGTH (Measure from mid thumb down to wrist) |
|------|---|---|
| S | 5" - 6" | 6.25" |
| M | 6" - 6.8" | 6.5" |
| L | 6.8" - 8" | 7.5" |



Length is measured
from middle of thumb
down to the wrist

Measure wrist
circumference
around widest part

COOLING INSTRUCTIONS

1. Place the sleeve inside the protective resealable bag.
2. Lay the sleeve flat in the freezer for a minimum of 2 hours.
3. Apply the sleeve to the affected area. Recommended use time is 15 - 20 minutes, wait 1 hour before reapplication.

HEATING INSTRUCTIONS

1. Place the sleeve in the microwave.
2. Heat at full power in 5-second intervals. Carefully check until desired temperature is reached.
3. Carefully remove the sleeve from the microwave. The sleeves are best used when warm to the touch but not extremely hot, let it cool down if needed before use.
4. Apply the sleeve to the affected area. Recommended use time is 15 - 20 minutes, wait 1 hour before reapplication.

COMPRESSION STRAP

Wrap the compression strap around the wrist for more intense cooling, heating, or support.



CARE INSTRUCTIONS

- Wipe with a damp cloth.
- Lay flat and air dry.
- Do NOT machine wash or dry.
- Keep in resealable bag for storage.

WARNINGS

- For external use only. Use caution if you have sensory or circulatory issues.
- Do not submerge sleeve under water.
- Recommended application 15-20 minutes at a time with repetitions every 1 hour as needed.
- Do not puncture or tear the gel sleeve.
- 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.
- If you experience any pain, swelling, sensation changes, or any unusual reaction while using this product please consult your doctor immediately.



Distributed by

vive
health

8955 Fontana Del Sol Way
Naples, FL 34109

210823