

**activate  
your product  
warranty**

scan the QR code and  
register your product  
within 7 days to activate  
your warranty



Registering also gives you access  
to tips, exciting offers and more!

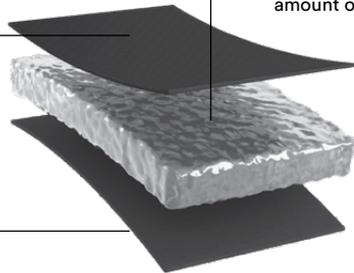
**hot & cold gel sleeve**

**INSTRUCTION MANUAL AND WARRANTY INFORMATION**

IB-SRGSLV | L-04423, Rev. 2

**EXPERT-GRADE  
GEL**

A safe, latex-free hydrogel that optimizes energy transfer so that it stays hot or cold for the recommended amount of time.



**HIGH-  
PERFORMANCE  
FABRIC**

Latex free, moisture wicking, quick dry, durable, and breathable.

**INTENDED USE**

The sleeve is intended to provide soothing hot or cold therapy for the temporary relief of minor aches and pains and to promote relaxation.

**WARNING AND PRECAUTION**

**WARNING:** If the inner gel comes into contact with eyes, flush eyes thoroughly with water and contact your healthcare provider. If you suspect you may have an allergic reaction while wearing the product, discontinue use immediately and contact your physician.

**PRECAUTION:** Use only as directed. Consult your physician prior to use if you have any health concerns. Do not use if the product is too hot or too cold. Discontinue use if there are tears in the outer lining or if sleeve is leaking gel or crystals. Do not use over infected skin or open wounds. Do not use if wet. Use only on dry skin.

**PRODUCT FEATURES**

- Wearable and reusable hot & cold therapy for daily use.
- Microwave and freezer safe.
- 360-degree compression coverage. Stretchable and form fitting. Conforms to your body comfortably and designed for full coverage of the treatment area.
- Made of premium, ultra-soft material and expert-grade gel. No mess, no hassle.
- Maintains flexibility when hot or cold.
- Slip-on design for ease of use.
- Available in different designs applicable to specific body parts, such as head, hand, foot, ankle, knee and elbow.

**IMPORTANT SAFETY INSTRUCTIONS**

**INSTRUCTIONS FOR COLD THERAPY:**

1. Keep the gel sleeve inside of the supplied bag and place in freezer for a minimum of 2 hours.
2. After 2 hours, remove the sleeve from the freezer, remove the gel sleeve from the bag, and test its temperature. If it is too cold to comfortably place on the affected area, let it sit at room temperature until it reaches the desired temperature.

**INSTRUCTIONS FOR HOT THERAPY:**

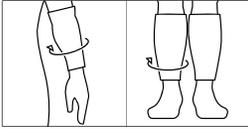
1. The product should be at room temperature before microwaving. Remove gel sleeve from sealed bag before microwaving.
2. Microwave for 30 seconds and test for comfort. If it is too hot, allow it to cool to desired temperature before use. If it is not warm enough, reheat in 10-second intervals until a comfortable temperature is reached. If the heat feels uneven, flip sleeve over and reheat for an additional 10 seconds or until the desired temperature is achieved. All microwaves may vary.

**CARE INSTRUCTIONS:**

Wipe with a damp cloth. Lay flat to air dry. Do not machine wash. Do not bleach. Do not dry clean. Do not iron. Do not get wet.

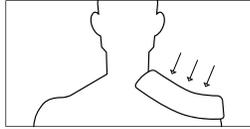
**IMPORTANT:** Always keep your gel sleeve in the protective sealed bag when not in use or while in the freezer. Remove the sleeve from bag when microwaving.

## WAYS TO USE



### HEAT/COLD COMPRESS

360-degree compression combined with hot or cold therapy to relieve pain and soreness in muscles around joints.



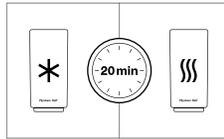
### HEAT/COLD PACK

Targeted pain and soreness relief for all muscle groups.

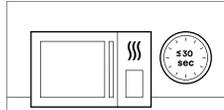
The gel sleeves and the information contained in the instruction bulletin are not substitutes for medical advice, diagnosis, or treatment from a medical professional. You should always consult your doctor or other qualified healthcare provider to determine the appropriateness of this information for your own situation. If you have any questions regarding a medical condition, injury, disorder, treatment plan, or other health-related issues, please contact your physician.

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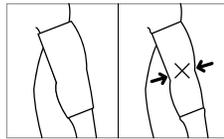
## TIPS



Each gel sleeve is designed to stay hot or cold for up to 20 minutes, which is the doctor-recommended period for using a cold or warm compress. This prevents injury to the skin from burns.

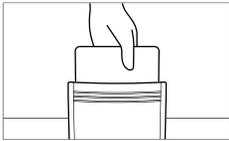


Practice safety when heating your gel sleeve. Do not microwave for more than 30 seconds at a time. The gel sleeve should not be scalding hot, but a comfortable warm temperature. In the event of accidental scalding, rinse the area under cool or lukewarm water immediately.



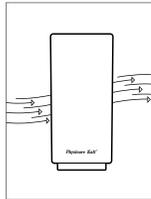
The fit of the gel sleeve should be snug and comfortable, but not too tight. If you experience numbness or tingling or loss of blood circulation, your gel sleeve might be too small. Consider upgrading to a larger sleeve.

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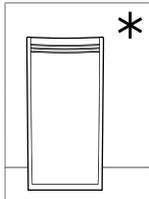


To extend the life of your gel sleeve, store it in the provided bag when not in use. Do not leave it laying out for long periods of time or wear it overnight. This prevents the gel from drying out in the freezer or in drier climates.

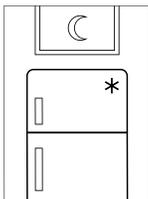
## STORAGE AND MAINTENANCE



Air out for a few minutes after each use



Store in the provided pouch



Safe to leave in the freezer overnight

### LIMITED 2-YEAR WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 2 years from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of powder dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or ressealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit: [www.homedics.com](http://www.homedics.com). For Canada, please visit [www.homedics.ca](http://www.homedics.ca)

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