

ALWAYS BRING BACK TO ROOM TEMPERATURE BEFORE HEATING

**DEEP
HEAT**

MICROWAVE

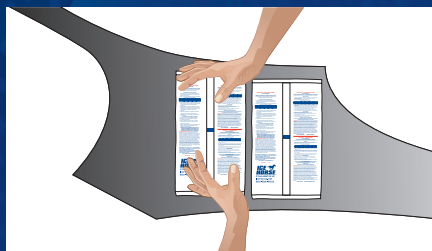
1. After bringing to room temperature, lay bag seam side up in microwave.
2. Heat on full power. Single bag instructions:

WATTAGE	HEATING TIME
1000	35 seconds
800	45 seconds
600	60 seconds
Unsure	35 seconds

3. Remove from microwave. Knead for one minute to allow gel to heat evenly (temperature will continue to increase slightly).
4. Test for desired temperature. If too hot, allow to cool. If additional heat is desired, heat in 10 second cycles.
5. When desired temperature is achieved, place bag onto ICE HORSE® wrap with Velcro®, then apply to desired area.

HOT WATER

1. Bring bag to room temperature.
2. Bring at least 3 quarts of water to a rolling boil.
3. Remove water from heat source. Gently immerse bag for a maximum of 5 minutes.
4. Remove bag from water, place bag into ICE HORSE® wrap pocket, then apply to desired area.



Place bag Velcro® side down on wrap.

For best results place a moistened towel between the horse's body part and the deep heat insert. Use wrap to compress moist heat against horse's body. Follow instructions from your veterinarian for best placement and duration.

To clean and store

Wipe your deep heat inserts with a damp sponge. To clean wraps, brush off loose dirt, shavings or other material. Hand wash with mild detergent in cold water and drip dry.

Discard if punctured or torn. Always place in wrap sleeve or attached to wrap with Velcro® before application.



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