

ANKLE ICE WRAP

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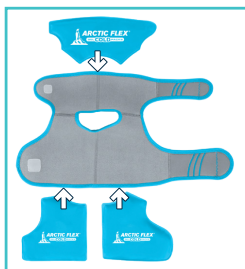
OWNER'S MANUAL

ANKLE ICE WRAP

WHAT'S INCLUDED

- Ankle Ice Wrap
- 3 Arctic Flex Gel Packs

INSTRUCTIONS



1. Heat/Cool to desired temperature (see Heating / Cooling instructions).
2. Insert the cold packs into the elastic holder.
3. Adjust the straps so they are snug and secure. See the images below for proper placement.





COOL WITH FREEZER

NOTE:

You may freeze just the gel pack or the entire brace with the gel pack inserted.

1. Place gel pack flat in freezer for at least 2 hours.
2. Remove gel pack from freezer and place it in ankle brace before applying.
3. Apply the ankle ice wrap to the affected area. Never apply cold therapy longer than 15-20 minutes at a time.

HEAT WITH MICROWAVE

NOTE:

Gel pack must be at room temperature before heating in microwave.

1. Place gel pack on a paper towel in the microwave by laying flat or fold in half.

2. Heat at full power for 45-60 seconds.
3. Carefully check the gel pack for any sign of possible rupture or leakage.
4. To reheat, place gel pack back in microwave for 10-second intervals until desired temperature is reached.
5. Place in ankle ice wrap and apply to the affected area. Do not apply hot therapy longer than 15-20 minutes at a time.

HEAT WITH STOVE TOP

1. Bring 3 quarts (3.5 liters) of water to a boil.
2. Remove water from heat source.

NOTE:

Never immerse gel pack while water is being heated.

1. Immerse gel pack in hot water for 2.5 - 3 minutes.
2. Carefully remove the gel pack from water using kitchen tongs (do not use sharp utensils).
3. Towel dry.
4. Carefully check the gel pack for any signs of possible rupture or leakage (discard if pack leaks).
5. Carefully check for desired temperature. If gel pack is too hot allow to cool before applying.
6. Place in ankle ice wrap and apply to the affected area. Do not apply hot therapy longer than 15-20 minutes at a time.

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.
- Recommended application time of 15-20 minutes at a time with repetitions every 1-1.5 hours as needed.
- Always place the gel packs inside the ankle brace pockets to avoid heat or cold burns to skin.
- Do not puncture or tear gel packs.
- 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 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.



HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at
[vhealth.link/aip](https://vivehealth.com/vhealth.link/aip) for helpful answers.



And if that doesn't answer your question, our
customer service team would love to help!
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