

WARMING MITTENS

QUICK START GUIDE

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Warming Mittens as easy as possible. Check out the included link and QR code to help you through the process.



For answers to FAQs,
check out vhealth.link/87k

HOW TO USE



Want to watch us do this instead?
Just go to the following link to see how
to start using your Warming Mittens.
Visit vhealth.link/fg6

1. Place the mittens into a resealable plastic bag (included).
2. Lay them flat inside the microwave and heat on HIGH for 20 seconds.
3. Check the temperature carefully and let cool if desired or increase the temperature by reheating in 10-second intervals, make sure to check the temperature each time.

****Condensation inside the plastic bag is normal****

4. The heat will last for approximately 15 to 20 minutes. A removable cover is included to help insulate the heat and secure the mittens onto the hands.

WARNINGS ⚠

- Do not wash mittens, only wash the removable cover. Hand wash cold with mild soap, hang dry.
- Do not get the mittens wet. Dry immediately.
- Natural condensation inside the glove will occur during use due to the intense heat.

- Patients with diabetes, nerve damage, paralysis, poor circulation, or sensitive skin, should consult a physician prior to using the mittens.
- Do not use the glove on fragile, thin, or broken skin.
- Always test the temperature before use.
- Do not overheat, overheating can cause severe burns.
- If mittens become punctured, throw away immediately.
- Heating will cause a unique smell from the mittens, this is normal and is due to the inner filling.
- Wash off all body lotions, oils, and gels before heat treatment.
- Supervision required when used on children or the elderly.

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