

HYPERICE®

Use Instructions

For detailed directions on how to use your Hyperice, please visit the PRODUCTS section of our website (www.hyperice.com). There you will find an instructional video for each Hyperice device that clearly illustrates how to use each product.

- 1** Fill the Ice Cell 2/3 with ice- do not add water. Crushed ice or small ice nuggets work best with all Hyperice products.
- 2** Place the Ice Cell on a flat surface and flatten out- removing as much air from the Ice Cell as possible before securing the cap.
- 3** Insert the Ice Cell into the Compression Wrap
- 4** Place on the body and apply the compression straps to the desired level of compression.
- 5** Lightly press the Air Release Valve to remove air from the Ice Cell. For added compression, re-tighten the compression straps after the air has been released.
- 6** Leave the device on for 15-20 minutes. Press the Air Release Valve once every 5 minutes to release any air that accumulates during the treatment to sustain optimal compression.

Care Instructions

- 1** After use, rinse the Ice Cell inside and out with cool water and air dry.
- 2** After the Ice Cell is dry, store in a cool, dry place. Each Hyperice comes in a protective casing tube that is ideal for storing and/or carrying.
- 3** Do not expose the Ice Cell to direct sunlight and/or heat, as the UV rays can damage the medical grade material.
- 4** Do not fill the Ice Cell with anything other than ice. Hyperice works with all different forms of ice, but works best with crushed ice or ice nuggets. Crushed ice and ice nuggets will conform to the body better than large cubes.
- 5** The Hyperice wraps are machine washable, although it is not necessary to wash after each use. Wash the wraps only as needed. Wash on "delicate" and hang dry.

CAUTION

- 1. THIS PRODUCT CONTAINS NATURAL RUBBER LATEX WHICH MAY CAUSE ALLERGIC REACTIONS**
- 2. DO NOT LEAVE ANY HYPERICE DEVICE ON THE BODY FOR MORE THAN 25 MINUTES AT A TIME**