

USEFUL INFORMATION ABOUT HOW MICROWAVES WORK

Microwaves simply add energy which you feel as heat. At 100% efficiency, a 750W microwave will heat your Hottle by 0.35°C (0.90°F) per second. In practice, your microwave is unlikely to be 100% efficient and the temperature rise is slower. Flipping and re-positioning your Hottle once during heating helps ensure the even distribution of heat.

Because Microwaves simply add heat, remember the hotter your Hottle starts off, the quicker it will reach its full temperature. Heating beyond this point damages the product. To avoid becoming dangerously hot, your Hottle will expand and, if left long enough, will eventually burst.

If your Hottle does become stretched or damaged by accidental overheating, do not re-use it.

Contact us

We hope you enjoy your Hottle Heat Pad! We'd love to hear any feedback and are available for any questions or support.

You can reach us on +1 (888) 581 7760 or at sales@myhottles.com.

Our website is www.myhottles.com

HOTTLES

Soothing warmth for every body!

Thank you for choosing a Hottle Microwavable Heat Pad. Please read and follow these simple instructions to ensure you can enjoy your Hottle for years to come!

Important Reminders:

Do not overheat - this will make your Hottle pack inflate and expand and may cause irreversable damage. It may even burst.

Never reuse a damaged Hottle

Check that your Hottle can rotate freely on your microwave's turntable. If it cannot, your microwave is too small and can result in uneven heating and damage. Do not use these microwaves. Overheating or use in unsuitable microwaves invalidates your guarantee.

Please retain these instructions for for reference

TO GET THE BEST FROM YOUR HOTTLE, FOLLOW THESE INSTRUCTIONS:

1. Keep your Hottle heat pad in it's outer fabric cover as packaged.
2. Place your Hottle in your microwave allowing the turntable to rotate freely (where fitted).
3. Set your microwave to full power and use the table below to find the time to heat your Hottle from room temperature (70°F).

Microwave Power	Recommended Heating Time	Maximum Heating Time
650 Watts	3 minutes	3 minutes, 30 seconds
750 Watts	2 minutes, 30 seconds	3 minutes
850 Watts	2 minutes	2 minutes, 30 seconds
1000 Watts	1 minute, 30 seconds	2 minutes
1100 Watts	1 minute, 25 seconds	1 minute, 50 seconds
1200 Watts	1 minute 20 seconds	1 minute 40 seconds

Halfway through heating, flip your Hottle over (this helps prevent hotspots and allows for more even heating). *If re-heating a warm Hottle, the heating time should be reduced. If in doubt, heat in only 15 second increments.*

4. Remove your Hottle from the microwave. The fabric cover is not heated by the microwave, so leave it to stand for a minute or so for the heat to filter through.
5. **Safety Check.** Before you put your Hottle close to your skin, apply gentle pressure to it on a flat surface. Check that the cover doesn't become damp. This could indicate a leak or tear from accidental over-heating or simply wear and tear.
6. Your Hottle will start to expand if overheated. If this occurs, switch off your microwave immediately and leave your Hottle to stand for at least 10 minutes before handling. Do not place your hand inside the fabric cover.
7. After using, store flat.

IMPORTANT SAFETY INFORMATION

- Your Hottle is made up of an internal thermal pack and an outer decorative insulating cover. When in use keep them together as packaged.
- Avoid heating your Hottle beyond the recommended heating time.
- By choosing a Hottle, you are choosing one of the safest heat pads on the market. If you significantly overheat your Hottle it will expand while in the microwave and you will know it is too hot to use immediately. If this happens switch off your microwave immediately to avoid damaging your Hottle. If you continue to overheat your Hottle after it has begun to expand, it may well burst with a loud pop or bang. Immediately switch off your microwave and leave your Hottle to cool before removal.
- Some small microwaves (turntables less than 10inches) don't allow your Hottle to rotate when heated. This may cause damage to your Hottle in the corners. Don't use these microwaves to heat your Hottle.
- Your Hottle is guaranteed for 12 months under normal conditions of use. However, sharp objects, animal claws or rough use may cause small punctures to the internal thermal pack. *When cold* inspect your thermal pack regularly. If you suspect a leak, do not use. **Hot water may scald.**
- Never reuse a damaged Hottle.
- If you buy a Hottle for an elderly person or person with a disability, please ensure they understand these instructions and are able to operate the microwave in which the Hottle will be used.
- Do not use the Grill or Convection Oven setting on your microwave. Do not boil, bake or freeze your Hottle.
- Your Hottle's internal thermal pack will get very hot - do not touch directly when in use.
- Hottles are not suitable for use with babies under 18 months of age.
- If your Hottle gets dirty, the decorative cover can be sponged clean, or removed and machine washed on a cold cycle.
- Do not iron your Hottle's decorative cover as this may affect its insulation properties.