• Heat on clean microwave safe dish. Lay flat and distribute contents of BED BUDDY evenly lengthwise.
• Do not leave BED BUDDY unattended while heating.
• Leave in microwave for 1 minute before use.
• Microwave heating times vary. Always touch-test temperature before use.
• Overheating may cause cover to ignite.
• Never heat a BED BUDDY that is wet in any manner. It can burn you.
• Do not enclose the BED BUDDY in any manner. It can burn you.
• Do not sit or sleep on the BED BUDDY.
• Continuous low heat in one area can burn you. Continually shift the position of the BED BUDDY when in use.
• Never wash the BED BUDDY inner pouches. Clean with a damp cloth only.
• Use cold ONLY over the eyes.
• Always protect furniture and delicate fabrics.
• Do not use this product on persons with nerve damage, circulatory problems, insensitive skin, or with damaged or broken skin; or on persons unable to remove this product such as infants, children, and some older persons.
• Consult physician before use if pregnant or any medical conditions exist.

Do not exceed two minutes heating time per use.