THE ORIGINAL
BED BUDDY®

SOOTHING HAND FOOT WARMERS™

WITH AROMATHERAPY

Microwave BED BUDDY for 30 seconds at standard power. DO NOT leave BED BUDDY unattended while heating.

Product # BBF3100, 3110, 3210, 3220, 3230

- Microwave heating times vary – DO NOT overheat. DO NOT use convection function of your microwave oven.
- Always heat on clean empty microwave safe dish. Lay flat and distribute contents of BED BUDDY evenly lengthwise.
- ALWAYS touch-test by shifting contents to check for hot spots before use.
- If higher heat is required, continue microwaving in 15 second intervals – repeat above.
- Contamination by food or liquids can cause overheating resulting in burns to the skin.
- Continually shift the position of the BED BUDDY when in use.
- NEVER place a heated BED BUDDY over the eyes.
- Never wash this BED BUDDY product. Wipe with a damp cloth only and let dry thoroughly.
- DO NOT use this product on persons with nerve damage, circulatory problems, sensitive 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 1 minute total heating time.