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 2 minutes total heating time.