

#### Hot & Cold Therapy Corn Bag Instructions

For heat therapy, microwave one and a half minutes. To reheat when slightly warm, microwave one minute. Feed corn will not pop, though you may occasionally hear a popping sound. For cold therapy, store in freezer, and use as needed. Wrap in towel to protect from extreme cold.

Do not use on infants or patients who cannot move corn bag off themselves, or who can't move away from corn bag. Do not use on areas of the body where heat can't be felt, or where sensation is reduced. Do not use heat with medicated creams, lotions, or ointments. Do not use heat on areas of bruising or swelling that have occurred within the previous 48 hours. Do not use heat on open wounds or damaged skin.

Outer cover is 100% cotton, and is machine washable. Filling is 100% feed corn. The inner bag may be spot cleaned. Be careful to keep inner corn dry, to prevent spoiling. Wet corn may cook if microwaved. If it gets wet, line dry, then dry in a clothes dryer before using. To protect inner corn bag from soiling, cover with a Ziploc freezer bag or storage bag (not the thinner sandwich or snack bags), then cover with the outer pillowcase. Open Ziploc before heating.

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