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Arctic Flex Head

Arctic Flex Gel Replacement Packs - Head Instruction Manual

Model: Head

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1. OVERVIEW

The Arctic Flex Gel Replacement Packs for Head are designed to provide targeted hot or cold therapy when used with the Vive full head ice wrap. These flexible, reusable gel packs are filled with a non-toxic silica gel that remains pliable when frozen, allowing them to contour effectively to the head for pain relief, swelling reduction, and inflammation management. They can be used for both cold and heat therapy, offering versatile comfort and recovery.

This set of replacement packs is sized to fit into the interior mesh pockets of the Vive full head ice wrap. The unique shape includes sealed dividers to ensure the gel remains evenly dispersed.



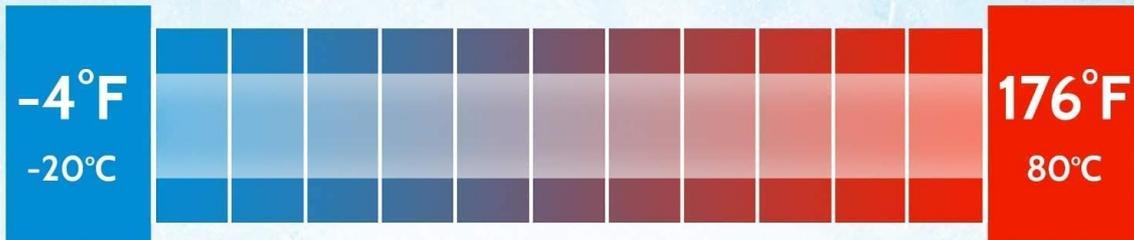
Image 1: Arctic Flex Head Ice Wrap Replacement Pack. This image shows a woman wearing the head wrap with the gel packs inside, highlighting features like targeted pain relief, flexibility when frozen, hot or cold therapy, durability, and reusability.

2. SETUP AND PREPARATION

2.1 Cold Therapy Preparation

For cold therapy, place the Arctic Flex Gel Packs in a freezer for at least **two hours**. The gel will remain flexible even when frozen, allowing it to conform to the contours of your head.

Hot and Cold Therapy



Cold Therapy

Chill the pack in the freezer to reduce swelling and inflammation

Heat Therapy

Heat the packs in the microwave for 15 seconds at a time until warm. Do not exceed 176 Degrees

Image 2: Hot and Cold Therapy Temperature Range. This graphic illustrates the temperature range for cold therapy (down to -4°F / -20°C) and heat therapy (up to 176°F / 80°C).

2.2 Heat Therapy Preparation

For heat therapy, the gel packs can be warmed in a microwave. Heat the packs in **15-second intervals** until the desired warmth is achieved. **Do not exceed 176°F (80°C)** to prevent damage to the pack or injury.

Caution: Always test the temperature of the gel pack before applying it to your skin to avoid burns.

3. OPERATING INSTRUCTIONS

3.1 Inserting Gel Packs into the Head Wrap

1. Ensure the gel packs are at the desired temperature (cold or warm).
2. Locate the interior mesh pockets within your Vive full head ice wrap.
3. Carefully slide each gel pack into its designated pocket. The packs are uniquely shaped with sealed dividers to ensure even gel distribution.

- Secure the head wrap around your head according to the instructions provided with your Vive full head ice wrap.

What's Included:

1 Arctic Flex Head Ice Wrap Replacement Gel Pack



Image 3: Contents of the Replacement Pack. This image shows one Arctic Flex Head Ice Wrap Replacement Gel Pack, illustrating its shape and branding.

3.2 Application Guidelines

- **Cold Therapy:** Apply for 15-20 minutes at a time to reduce swelling and inflammation. Wait at least 20 minutes between applications.
- **Heat Therapy:** Apply for 15-20 minutes at a time to soothe muscles and improve circulation.
- Always place a cloth barrier (like a thin towel) between the gel pack and your skin, especially for initial applications or if you have sensitive skin, to prevent skin irritation or burns/frostbite.

4. MAINTENANCE AND CARE

4.1 Cleaning Instructions

The gel packs are constructed with durable, latex-free vinyl. To clean, simply wipe the surface with a damp cloth and mild soap. Rinse thoroughly and air dry before storing or reusing.

4.2 Storage

Store the gel packs in a cool, dry place when not in use. For convenience, they can be kept in the freezer so they are always ready for cold therapy.

Durable Design

Heavy-duty seams for long-term use



Image 4: Durable Design. This image highlights the heavy-duty seams of the Arctic Flex gel pack, ensuring long-term use.

Latex-Free Cover

Safe for most sensitive skin when not using the head wrap



Image 5: Latex-Free Cover. This image emphasizes the latex-free material of the gel pack, making it safe for sensitive skin.

5. TROUBLESHOOTING

- **Gel pack not cold enough:** Ensure the pack has been in the freezer for at least two hours. For quicker cooling, ensure the freezer is set to a sufficiently low temperature.
- **Gel pack too cold/hot:** Always use a cloth barrier between the gel pack and your skin. Adjust application time as needed. For heat therapy, heat in shorter intervals.
- **Gel pack feels stiff when frozen:** While designed to remain flexible, extreme cold can make them slightly stiffer. Allow a minute or two at room temperature for them to become more pliable, or gently manipulate them before insertion.
- **Uneven gel distribution:** The packs are designed with sealed dividers to prevent this. If you notice unevenness, gently massage the pack to redistribute the gel.

6. SPECIFICATIONS

Brand	Arctic Flex
Model	Head (Replacement Gel Packs)
Material	Latex-free vinyl, non-toxic silica gel
Special Feature	Flexible, Reusable
Number of Items	2 (Note: Product description mentions "four gel cold packs" for the replacement set.)
Dimensions (approximate for one pack)	7.75" x 23"
Manufacturer	Vive Health

Reusable Gel Pack

For targeted hot or cold therapy



Image 6: Reusable Gel Pack Dimensions. This image shows the approximate dimensions of a single gel pack: 23 inches in length and 7.75 inches in width.

7. WARRANTY AND SUPPORT

Arctic Flex provides a **60-day guarantee** on this product. If you have any questions or concerns regarding your Arctic Flex Gel Replacement Packs, please contact Vive Health customer support for assistance.

Vive 60-Day Guarantee

So you can purchase with confidence



Image 7: Vive 60-Day Guarantee. This image confirms the 60-day guarantee for the product, ensuring customer confidence.

8. PRODUCT VIDEO

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Video 1: Arctic Flex Gel Replacement Packs Overview. This video provides a general overview of the Arctic Flex Gel Replacement Packs, showcasing their features and various applications for different body parts (shoulder, ankle, knee). It demonstrates their use for both hot and cold therapy and highlights their durable, reusable design.

