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Comfytemp 3D Knee Ice Pack Wrap 1.0

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Model: 3D Knee Ice Pack Wrap 1.0

Brand: Comfytemp

Introduction

The Comfytemp 3D Knee Ice Pack Wrap 1.0 is designed for targeted hot and cold therapy to alleviate knee and joint pain. Its ergonomic design contours to the knee for effective treatment of various conditions.
Key features include:

- 3D ergonomic design for a snug fit around the knee.
- Suitable for both hot and cold therapy.
- Adjustable compression straps for optimal support and stability.
- Expert-grade gel that remains flexible when frozen.
- Durable, reusable, and made from soft, breathable materials.

Safety Information

Important: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional before use if you have any pre-existing medical conditions or concerns.

- Do not apply directly to broken or irritated skin.
- Do not overheat the gel pack in the microwave. Follow heating instructions carefully.
- Do not apply cold therapy for more than 20 minutes at a time to avoid frostbite.
- Always check the temperature of the pack before applying to skin.

Setup

For Cold Therapy:

1. Place the gel pack in the freezer for 1-2 hours until desired coldness is achieved.
2. Ensure the gel remains flexible and conforms to the knee's contours.

For Hot Therapy:

1. Heat the gel pack in a microwave for approximately 30 seconds.
2. Check the temperature to ensure it is warm enough but not too hot to cause burns.
3. If more heat is desired, heat in 10-second increments, checking after each interval.

Operating Instructions

To apply the Comfytemp 3D Knee Ice Pack Wrap:

1. Position the gel pack over your knee, ensuring the 3D contour aligns with your knee joint.
2. Fasten the adjustable compression straps securely around your leg, above and below the knee, for a snug and comfortable fit. The straps allow for hands-free relief and full range of motion.
3. Apply for up to 20 minutes per session for both hot and cold therapy.



Image: The Comfytemp 3D Knee Ice Pack Wrap features adjustable straps for a secure and customized fit, accommodating various body sizes up to a 29-inch knee circumference.



Image: The 3D shape of the gel pack ensures uniform cold compression, effectively addressing knee pain and inflammation.

Maintenance

- Clean the wrap with a damp cloth and mild soap. Do not submerge in water.
- Air dry completely before storing.
- Store the gel pack in a plastic bag when not in use, especially when storing in the freezer, to prevent odors or contamination.
- Inspect the wrap regularly for any signs of damage or leakage. Discontinue use if damaged.

Troubleshooting

If you experience any issues with your Comfytemp 3D Knee Ice Pack Wrap, consider the following:

- **Insufficient Cold/Heat:** Ensure the pack has been adequately chilled in the freezer (1-2 hours) or heated in the microwave (30 seconds, with 10-second increments if needed).
- **Discomfort:** Adjust the straps to ensure a snug but not overly tight fit. If the cold or heat is too intense, place a thin cloth

between the pack and your skin.

- **Leakage/Damage:** If the gel pack shows any signs of leakage or damage, discontinue use immediately and contact customer support.

Specifications

Package Dimensions:	11.65 x 7.76 x 1.54 inches; 1.41 Pounds
Manufacturer:	Comfytemp
ASIN:	B0D9MXJBM3
Brand:	Comfytemp
Size:	Standard
Specific Uses For Product:	Arthritis, knee and joint treatments, reducing swelling, muscle recovery
Use for:	Knee
Age Range (Description):	Men & Women

Warranty & Support

Comfytemp products are backed by a dedicated customer support team. For any inquiries, issues, or assistance, please refer to the contact information provided with your purchase or visit the official Comfytemp website. The brand is committed to providing quality service and effective solutions.

Product Overview



Image: The Comfytemp 3D Knee Ice Pack Wrap is designed to target various knee pain conditions including meniscus tears, sports injuries, arthritis, joint pain, and knee swelling.



Image: Detailed view of the 3D Snug-Fit Contour Design, featuring a silky nylon inner layer, adjustable straps, expert-graded gel for flexibility, and a fully stickable outer surface for secure placement.



Image: Instructions for both cold and hot therapy applications. For cold, freeze for 1-2 hours for 20 minutes of relaxation. For hot, microwave for 30 seconds for 20 minutes of relaxation.

Official Product Videos

Comfytemp 3D Knee Ice Pack Wrap

▶ **Watch video online**

Comfytemp 3D Knee Ice Pack Wrap

Video: An official product video from Comfytemp US demonstrating the features and application of the 3D Knee Ice Pack Wrap. This video highlights the ease of use and ergonomic design.

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