

## ZAMST ICE BAG INSTRUCTIONS FOR USE

Please read through the following instructions completely before using the product.

**Intended use:** Container for ice and cold water

**Do not use this product in the following cases:**

- If you have abnormal conditions such as cuts or rash in the area where this product is applied.

**Safety precautions:**

- If you experience pain, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reactions while using the product. If such symptoms occur, discontinue use and consult with a physician.
- Do not apply an ice-filled ice bag to the body for an extended period. It may cause frostbite.
- If you have nerve damage caused by conditions such as diabetes, limb paralysis or another disorder at the location to be iced, consult a medical professional before use. If an adverse reaction were to occur, you may not be able to feel it.
- If you use bandages to hold the ice bag in place, do not wrap the bandages too tightly.

**To prevent product damage:**

- If you use the product while it is wet, it may become discolored and its dye may bleed onto other clothing under or near the product.
- Condensation may appear on the surface of the bag, which may get clothing or skin wet.
- Avoid using ice with sharp edges. It may damage the inside of the bag, causing water to spill.
- Avoid storing the ice bag in areas with high temperatures, high humidity levels and direct sunlight exposure. These conditions may compromise the product's quality.

**How to apply:**

1. Fill the ice bag with ice until it is approximately 3/4 full. If you add some water with the ice, the bag will follow the shape of the body better. (Illustration 1)
2. Squeeze as much air out of the bag as possible and screw the cap on tightly. (Illustration 2)
3. Apply the bag to body part. You may use bandages to create compression and hold the bag in place. (Illustration 3)

**How to wash:**

- If the ice bag is soiled, wipe it with a damp cloth or hand wash with mild soap.
- Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- After using or washing, empty all water from the bag and let it air dry before putting it away.

**Composition:** Polyester, polyurethane, ABS foam, silicon and aluminum

