

# Pioneer Heritage

## Recommended Heating Instructions

**Heating Neck and Extra Large Back Warmers:** Place a napkin or paper towel on the turn table inside a CLEAN microwave oven and place corn pack on top and heat for 2 1/2 - 3 minutes depending upon microwave temperatures. To keep everything as clean and sanitary as possible always REMOVE the outer cover from your corn pack before cooking.

## General Hot & Cold Therapy Corn Bag Care Instructions

For heat therapy, follow heating instructions for the size pack you are using for more exact time tables.

### DO NOT WASH CORN PACKS

To reheat when slightly warm, microwave one minute. 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.

**Washing/Care:** Outer sham cover is machine washable and filling is 100% corn. The inner bag may be spot cleaned, but be careful to keep inner corn dry to prevent spoiling. Wet corn may cook if micro-waved. If it gets wet, line dry, then dry in clothes dryer, and then rehydrate by freezing the bag. Once bag is defrosted and dry, if you plan to re-use it in the microwave then go ahead and heat as normal. To protect inner corn bag from soiling you may choose to cover with a thick freezer bag (zip-lock type) or storage bag, then cover with the outer sham cover. Remove freezer bag before heating and never heat anything in a microwave that is inside a plastic bag. This is extremely toxic.

**Disclaimer:** If you prefer to have your Holistic Corn Heating Pack a bit hotter than the recommended temperatures, please use extreme caution. Microwave ovens may vary so use your best judgment. Overheating the corn will damage it and shorten the life span of your pack and it will increase the possibility of burning your skin. Heating your pack beyond recommended times is at your own risk.

### DO NOT OVER HEAT