



# Check ICE

Made in the USA

## Quick Guide

### 1. Hydration

Soak in water until cells are plump. Be careful to not over hydrate (3/4 of an inch). For faster results, use warm water.

### 2. Drying

Thoroughly wipe dry with a paper towel or a dry cloth to avoid water freezing on the outside of the product.

### 3. Freezing

Place the hydrated cells in the freezer until frozen solid. Freeze overnight for best results.

### 4. Installation

Remove any heating elements before placing Check ICE in bag. Install with the clear plastic side of the product facing the interior of the bag.

**Reusing:** Reuse your Check ICE sheets by refreezing over and over! If the cells shrink after multiple uses, submerge in water to hydrate and freeze again.

**Storage:** Check ICE will slowly evaporate to its original dry state if not placed back in the freezer (10 - 15days). When ready to reuse, soak thoroughly and freeze.