

HEADACHE ICE PILLO®

This Headache Ice Pillo can provide headache relief and therapeutic support for your neck. Its compact design allows you to rest comfortably while helping to position your neck in its most natural position.

This pillow can be used with or without the enclosed hot & cold pack. To use without the pack, simply remove the pack and close the hook-and-loop pocket on the pillow. Place this pillow around your neck as shown in the photograph on the front of this package.

To use the Headache Ice Pillo with the hot & cold pack, remove the pack from the freezer and slide it into the large pocket in the pillow. Close the hook-and-loop pocket and place the pillow around your neck as shown in the photograph. When you are finished using the pillow, remove the pack and store it in the freezer.

The hot & cold pack can be stored in your freezer until needed. For initial chilling of the pack, place it in your freezer for two hours. Do not chill below 0° F (-17° C). To use this pack by itself, place a hand towel between the pack and your skin. Apply to the area being treated. Do not sit, lie, or sleep on this pack. Constantly monitor the pack to ensure that the skin is not being irritated by the cold.

For chronic pain, stiff or sore muscles use heat therapy. The hot & cold pack can be heated in the microwave. If the pack becomes damaged or torn, throw it away. The gel is non-toxic and biodegradable.

For best results, use the Headache Ice Pillo at the beginning stages of a headache. If you have questions about the use of this product, or if headache pain persists, consult your doctor.

CARE OF PRODUCT

Remove the hot & cold pack and close all hook-and-loop fasteners. Wash the pillow in warm, soapy water. Rinse thoroughly and air dry. When dry, fluff to its original loft. The pack can be wiped clean or hand washed in cool, soapy water. Rinse thoroughly and wipe or line dry.