



# INSTRUCTION MANUAL

NON TOXIC

HOT - COLD

STAYS FROZEN FOR DAYS

## NEW PHASE 5 HIGH PERFORMANCE MODELS Australian Made Techni Ice™ Reusable 4 PLY HDR Australian Made Techni Ice™ Disposal 2 PLY STD Standard

### Activate Sheets

*(This only needs to be done once to activate new sheet)*

1. To activate Techni Ice sheets, immerse them in warm water. For the best results weigh the sheets down with a heavy object so they stay immersed during the hydration process.
2. If you find that some cells have not started to expand, gently massage the cells and if required increase the temperature of water by adding more warm water. Whilst also gently scrunching the cells. *The scrunching action whilst immersed, allows the air bubbles to escape and the water to enter sheet. This action activates the polyacrylate cross linked polymer contained in each cell of the Techniice sheet*
3. Hydrate each sheet for 15 minutes (this new model requires less hydration than previous models. Please do not leave underwater for extended periods) Once all the cells are well Hydrated, remove them from the water and pat dry them thoroughly. This ensures that any excess water does not become ice on the outside of sheet during the freezing process.

Your Techni Ice is now ready to freeze or heat.

**TO FREEZE** - For best results place the Techniice dry ice sheets in a freezer for as long as you can before use (minimum 24 hours). Unlike regular gel packs that generally only reach 30°F, Techni Ice will actually drop to any temperature it is exposed to. A domestic freezers lowest setting is -0°F. Techni Ice drops 40°F a day until it reaches freezer temperature.

**TO HEAT (4 Ply HDR only)** - Place hydrated sheet in the microwave for 2-3 minutes or wrapped in a towel in hot water. Sheets can be heated for longer if necessary.

**CAUTION:** *Check to make sure sheet is not too hot before placing on body. We recommend that you use a towel between your body and Techniice if you find the Techni Ice too hot.*

**HINT** - The reusable Techni Ice can be cut up into strips or into single cells, while ensuring none of the cells are pierced. It is easiest to cut the ice packs before hydrating to ensure none of the cells are damaged.

**COMMERCIAL HYDRATION** – Techni Ice can be placed in an agitator type washing machine with some clean towels on a regular wash cycle without the spin cycle. Please ensure washing machine is clean and free from soap residue and please ensure the temperature of the water is warm.

*For any further assistance please email [enquiry@techniice.com](mailto:enquiry@techniice.com)*

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[WWW.TECHNIICEUSA.COM](http://WWW.TECHNIICEUSA.COM)