

Dr Brown's™



**Rachel's Remedy™
Natural Breast Relief Packs**

INSTRUCTIONS AND CARE

ONLY use when fully assembled. The flaxseed pillow is not washable and milk leakage may result in bacterial growth on the flaxseed. DO NOT GET THE FLAXSEED PILLOW WET. Before each use: Pinch the flaxseed pillow all over your fingertips to make sure it is warm but not too hot.

WARNINGS

ALL MICROWAVES VARY AND OVERHEATING MAY CAUSE BURNS.

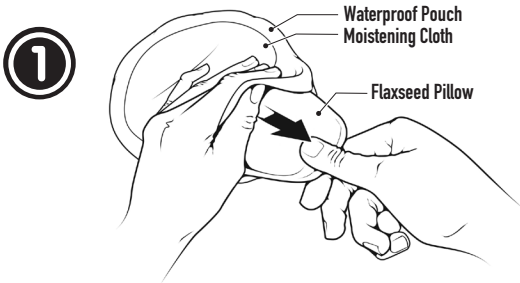
- Do not use if the area to be treated has poor circulation.
- The unattended use of this device by children or incapacitated persons may be dangerous.
- Do not heat in a conventional oven, heating in a conventional oven may scorch the flaxseeds and/or damage the flaxseed pillow.
- Do not heat in boiling water; boiling water may change the structure of the flax seeds which would prevent them from delivering heat as they are intended.

CARE

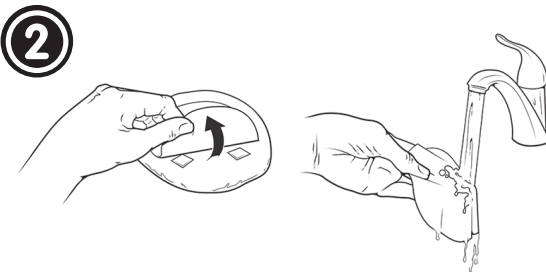
The removable cloth and waterproof pouch should be washed between each use by hand or in the gentle cycle. Air dry. If using disposable cloths, discard after each use.

MATERIALS

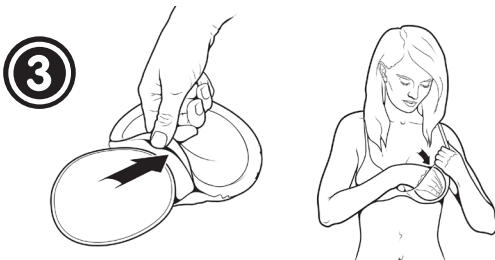
Organic cotton: flax seed: food safe polyester and PUL film knit and cotton/polyester nonwoven blend. Dr. Brown's™ Rachel's Remedy™ is BPA and Lead free.



Remove flaxseed pillow from waterproof pouch and microwave for 20 seconds, adding five second intervals to desired temperature, or place in freezer until cold. Do not microwave waterproof pouch.



Remove moistening cloth, moisten with hot or cold water and reattach to the outside of the waterproof pouch (cotton side goes against your skin).



Insert flaxseed pillow back into the waterproof pouch, and slip into your bra or hold in place wherever you are having pain or discomfort. Repeat as needed.