



Ice Therapy Instructions

The Doctor has recommended that you apply ice to your area of complaint to relieve pain and reduce inflammation (swelling). The following information has been provided to help you with this procedure.

In the acute phase (first 72 hours after an injury or onset of pain), use ice exclusively, and do not apply heat to the affected area.

The ice pack is made out of plastic and does require a protective cloth between it and your skin. An ordinary wash cloth will do. If you don't have an ice pack, use frozen peas or crushed ice in a plastic bag.

Apply ice for no more than 15 minutes, 2-3 times a day. Continue application of ice until the Doctor instructs you otherwise.

Some people feel compelled to use a hot bath to relax. If you are insistent upon this, then YOU MUST FOLLOW WITH ICE! Your hot bath will increase the swelling to the area, and you must reduce it again.

When using ice, several sensations are expected:

- A cold sensation, followed by...
- A burning sensation, followed by...
- numbness

... these are normal reactions and are not to be feared. You may notice a decrease in pain and swelling right away, or the effect may be subtle and it may take several applications for you to notice any difference. If you experience any increase in pain, discontinue use of ice.

Please report any sensations or reactions not noted above to Dr. Warriner right away!
