

APPLICATION OF ICE PACKS

WHAT YOU NEED TO KNOW:

How is ice helpful?

With any blunt injury, sprain or bruise there is some bleeding into the underlying tissues. This causes swelling and pain. Ice treatment may be used in both the immediate treatment of soft tissue injuries and in later rehabilitation.

During immediate treatment, the aim is to limit the body's response to injury. Ice will:

- Reduce bleeding into the tissues.
- Prevent or reduce swelling (inflammation).
- Reduce muscle pain and spasm.
- Reduce pain by numbing the area and by limiting the effects of swelling.

These effects all help to prevent the area from becoming stiff, by reducing excess tissue fluid that gathers as a result of injury and inflammation.

Ice can be used to decrease swelling and pain after an injury or surgery. Common injuries that may benefit from ice therapy are sprains, strains, and bruises.

How should I apply ice?

- Fill a bag with ice cubes about half full and crush it with a light hammer. Remove the air from the bag before you close it.
- Wrap the ice pack in a cloth to protect your skin from frostbite or other injury, or a soft towel may be applied over the injured area on top of which the ice pack will be placed.
- Put the ice over the injured area for 20 to 30 minutes or as long as directed.
- Check your skin after about 30 seconds for color changes or blistering. Remove the ice if you notice skin changes or you feel burning or numbness in the area.
- Throw the ice pack away after use.
- Apply ice to your injured area 4 times each day or as directed. Ask your doctor how many days you should apply ice. Normally 3-5 days is sufficient to control the symptoms of acute stage when ice is most helpful.
- The effect of the ice pack is thought to be improved if it is pressed gently on to the injured area.

When should I contact my healthcare provider?

- You see blisters, whitening of your skin, or a bluish color to your skin after using ice.
- You feel burning or numbness when using ice.
- You have questions about the use of ice packs.

YOU CAN NEVER CATCH A COLD BY APPLICATION OF ICE PACK.

Note: Ice can burn or cause frostbite if the skin is not protected with oil or other protection such as a wet flannel.

If you have any problems due to ice packs please do not hesitate to contact us at 8972176765.



Figure 1: Crushed ice packed in a plastic bag for use.