



Frisbie Memorial Hospital

Marsh Brook Rehabilitation Services

Wentworth-Douglass Hospital

COLD PACK INSTRUCTIONS

Cold is the treatment of choice to reduce swelling and inflammation. Also, cold is effective in providing relief of pain. Usually, during application of this cold pack, you will first feel intense cold. It may feel uncomfortable, but this is not unusual. Eventually, the area under the pack may feel numb. Once the pack is removed and the area warms up, you should feel more comfortable.

To make a slushy ice pack:

1. Mix 1½ cups of water with ½ cup of rubbing alcohol in a heavy Ziploc quart bag. Double the bag to prevent any possible leaking. (Place ice pack in an empty plastic container in the freezer in case it still leaks.)
2. Freeze the bag until slushy. Mark the bag so it will not be used inappropriately.
3. When ready (usually within 24 hours), remove the bag from the freezer and squeeze it to soften it if necessary.
4. Place a thin cloth between you and the ice.
5. Apply for 5 minutes. **DO NOT USE OVER 5 MINUTES.** Frostbite can occur with longer application.

Ice _____ times per day.

Ice after exercises.

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