

**Icing Instructions:**

Ice is used to reduce tissue inflammation. Inflammation is characterized by swelling, redness, tenderness and pain. Sometimes the treatment itself will cause inflammation to flare up for 1-2 days before an area heals, so don’t be alarmed if the pain increases before it gets better. That’s part of the healing process.

* Use a covered (dish towel) ice pack. A bag of frozen vegetables works well too.
* Ice the affected area for 10-15 minutes.
* Do not exceed 20 minutes of ice at a time.
* Repeat this process 2-3 times each day and after activity for 2-3 days.

If the area being iced is a hand or foot, you can submerge the region by filling a bucket or small trash can 1/3 full of ice and then filling with enough water to cover the ice. Rest the affected region in the ice water bath for 1-3 minutes. Repeat 2-3x/day and after activity.

**Using an uncovered ice pack may result in frost bite. Never place an ice pack directly on the skin or on skin that is compromised by open wounds or nerve conditions.**

If you have any questions, please ask or call us at 610-489-8800.

     