

Ice Pack Instructions

When using an ice pack, please be sure to use a towel or cloth between the ice and your skin. Place the ice pack over the area of discomfort for approximately 20 minutes. After the 20 minutes, remove the ice and allow the skin to warm back to normal body temperature (approximately an hour). Repeat 3-5 times as suggested by the doctor. If you experience any discomfort using the ice, remove immediately and inform the doctor.