

# **PATIENT INFORMATION**

## **Application of Ice at Home**

**Rehabilitation Department**



## **BENEFITS OF USING ICE**

Ice may be used to:-

- decrease pain
- decrease temperature
- decrease muscle spasm
- decrease swelling
- promote repair

N.B. If the joint or part affected is swollen, the ice pack can be applied with the part elevated and supported.

## **HOW TO APPLY THE ICE**

**STEP 1:** Thoroughly expose the part to be treated.

**STEP 2:** Fill a small plastic bag with ice cubes or use a packet of frozen vegetables.

**STEP 3:** Wrap the area to be iced in cling film and wrap the ice cubes/frozen vegetables in a damp towel.

**STEP 4:** Place the ice pack onto area to be treated and leave for no longer than 20 mins.

**STEP 5:** Remove the ice pack at regular intervals to inspect the skin for ice burns. If it is fiery red or hot, do not re-apply and consult your Therapist.

## **PRECAUTIONS**

If you are diagnosed with, or worried about an infection, pulmonary embolism, DVT or a decrease in sensation, **DO NOT APPLY ICE.**

## **ICE BURNS**

These occur very easily but can be avoided if simple precautions are followed.

- Remove the pack if it becomes too painful (some degree of discomfort can be expected but this should not be excessive).
- Make sure the towel is damp. If dry, it may freeze itself to the skin.

This patient information leaflet is intended to assist you in applying ice at home. If there is anything you do not understand or are unsure about, please contact your named Therapist.

## **Named Therapist**

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## **Contact Number**

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## NOTES

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Manager/Sister/Charge Nurse if you have any questions or concerns.**

## **REHABILITATION**

If you have any concerns or questions regarding your rehabilitation, please contact your named Therapist or the Head of Therapy on tel no 01704 704147.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

Contact your Therapy team if you have any concerns.

## **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

If your symptoms get worse, contact your Therapist or Consultant.

## **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

- Southport Occupational Therapy/Physiotherapy Dept – 01704 704150
- Southport Orthopaedic Team – 01704 704815
- Ormskirk Occupational Therapy/Physiotherapy Team – 01695 656861

## **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached Friends and Family Test**.  
Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)  
**Thank you**

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