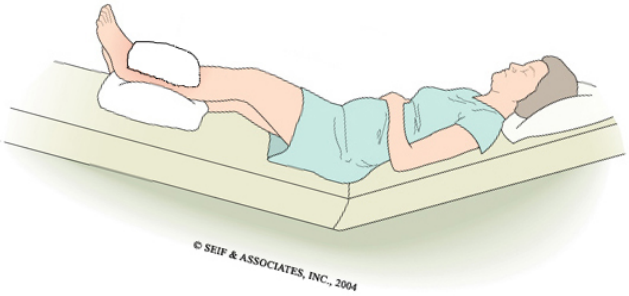
Cold Therapy

Cold therapy is when you put ice on your injury. Cold therapy helps keep puffiness (*swelling*) down and lessens pain after an injury. The sooner cold therapy is started after an injury, the better it works.

HOME CARE



- Get a plastic bag.
- Fill it with crushed ice.
- Wrap the ice bag in a dry towel. This avoids injury to the skin.
- Apply the ice bag to the spot that hurts.
- Leave the ice on for 30 minutes.
- Repeat this every 2 to 3 hours for 2 to 3 days.
- An elastic bandage can be put over the ice bag for tightness (*compression*).
- This helps to cool injured tissues.
- You can also use a cold pack. Chemical cold packs do not work as well as ice. They keep cool for just a few minutes.

Do not leave the pack on for too long. This can hurt the skin badly (*frostbite*). You **should not** use ice packs if you have circulation problems or a skin disease. The risk of hurting the skin is much higher if you have one of these problems.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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