W1Health

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ICE PACKING INFORMATION LEAFLET

Why use it?

- It's free!
- There is a vast amount of clinical research to show it works.
- It reduces blood flow to the injured area, which during the initial stages of injury (first 48 hours) is very useful as it helps minimise inflammation.

When to use it?

- Immediately, don't hesitate as it is a pain reliever and helps decrease cells involved in inflammation from flooding into the damaged tissue
- While it is acute e.g. swollen and/or very sore

How to do it:

- Place ice pack over injured area between 10-15 minutes. Ensure the ice pack is covered in a thin towel e.g. tea towel, as ice can burn the skin if in direct contact.
- Do this as often as possible i.e. every hour, for example if you have sprained your ankle you can apply ice every 30 minutes if possible.

How to make an ice pack:

- You can buy reusable ones over the counter at most chemists
- A bag of frozen peas works perfectly well
- Ice cubes wrapped in a carrier bag
- Dampen a tea towel then place in the freezer, it can then be unfolded once frozen and placed over the injured area.