

General Information Series

Hot & Cold Packs

3

HOME CARE INSTRUCTIONS

ICE PACKS

for: severe inflammation and swelling - acute injury.

Wrap an ice pack, packet of frozen peas or a bag of ice in a hand towel. Apply over pain area for 10 minutes, then remove for 10 minutes. Repeat this twice more, so that the ice has been applied 3 times. May be repeated every two hours. Note: It is not more helpful to leave the ice on for longer than 10 minutes.

COLD/ HOT PACKS

for: chronic conditions, moderate inflammation.

Wrap an ice pack in a hand towel and apply over sore area for TEN minutes. Remove and wait 60 seconds and place a hot pack (hot water bottle or hot towel), NOT RAY LAMP over area for ten minutes. May be repeated every two hours.

CASTOR OIL PACKS

for: reducing localised joint inflammation, bruising and swellings.

Soak a piece of cotton wool with castor oil. Place over area of swelling or bruising, wrap in glad wrap and leave for 30 minutes. (May be left on over night for severe cases).

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