

COLD PACKS

This simple application can offer pain relief and also prevent swelling in an acute injury. In more chronic conditions it can reduce congestion of the tissues. Note – do not apply for longer than 15 minutes.

Choose one of the following:

- The simplest way is to place a towel or flannel under a cold water tap, and leave it under the water for approximately three minutes until the material is very cold. Wring out the flannel/towel and place onto the area where it is needed.
- Or a slightly more “powerful” application is to place the towel or flannel in iced water for five minutes, remove it and wring it out then apply to the injured area.
- Or a frozen bag of peas wrapped in a damp tea towel can be used and applied to the area. Alternatively most pharmacies sell a cold/gel/bean pack that can be frozen and then applied. Remember to use the damp towel as a barrier to the skin!

The cold pack should be applied for 10 minutes, leaving a minimum of 20 minutes between applications.