

Dr. Steven P. Kraskow, D.C., P.A.

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Date \_\_\_\_\_

Patient \_\_\_\_\_

**Instructions for ICE PACKS:** Using these chemical “freeze” packs for therapeutic effect is called “cryotherapy”. The purpose of this therapy is to condense fluids in the tissue for reducing swelling. The effect of the cold will also reduce pain by a numbing of the nerves. It is **VERY IMPORTANT TO FOLLOW INSTRUCTIONS:**

1. Wrap the plastic covered ice pack in one layer of paper towel, not a terrycloth towel, etc.
2. Apply the covered pack directly to the skin.
3. Compress the pack tightly to the skin with pressure from clothing, belt, towel, or chair back.
4. Set a timer for TWELVE minutes to warn you to remove the ice pack. You may apply the ice on the same location no more than once per hour.
5. **WARNING:** Improper use of the ice may burn the skin and underlying tissue. The skin will peel off leaving a raw open lesion. If this occurs, treat as a “burn”; cool water, skin moisturizing agents, no Vaseline.

**Other instructions:** \_\_\_\_\_

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Please call Dr. Kraskow at 845-928-7820 with any questions or concerns.

\_\_\_\_\_ Dr. Steven Kraskow, D.C.