

Cold Therapy Unit

Guidelines and Application

SOSMC provides a rental service for cold therapy units. Units are rented for a 2 week period, after which they must be returned. Those individuals not returning their units promptly will forfeit their cold therapy deposit.



Instructions

- Before using the cold therapy unit read the instructions supplied with the unit
- Add crushed or cubed ice up to the fill line, then add cold tap water to the same fill line
- Connect the hose couplers to the cooling pad. To ensure proper seal, listen for a click on each connector.
- Apply the cooling pad to the indicated joint or body area using the straps supplied and/or a elasticized tensor bandage. Care should be taken to not compromise flow of water through the cooling pad or local blood flow/circulation.
- To turn the unit on, insert the cord into the connection on the unit and then plug the power supply into a wall outlet.
- Adjust the temperature control on the hand console starting at the blue dot (allow 10 minutes for the temperature to stabilize) and adjust to comfortable temperature range. The snowflake symbol indicates maximum cold. Special care should be used with prolonged cold therapy sessions. This includes frequently checking skin condition and the temperature reading on the hand console. Use of this device below a 40°F (4°C) temperature reading is not recommended. Patients may vary in sensitivity to cold. Routinely monitor the skin and area being cooled, as well as the temperature reading to ensure appropriate individualized treatment. If redness, altered skin sensitivity, or numbness occurs, discontinue use and consult your prescribing physician and technician.
- When the ice has melted, refill with ice and water as per above instructions (make sure device is unplugged during refilling). Once unit is refilled, check temperature and adjust if necessary. Resume cold therapy.
- Traditional icepack application is usually approximately 15 minutes in duration, no longer than 20 minutes. When applying the cold therapy unit for the first time, use it for 15-20 minutes, closely monitoring skin condition and sensitivity. If tolerated well, the duration of application may be increased gradually up to 1-2 hours, again closely monitoring skin condition and sensitivity.
- Use by children, diabetics, incapacitated patients and those with decreased skin sensitivity or poor circulation should be monitored closely.
- DANGER- risk of explosion if used in the presence of flammable anesthetics.
- To reduce the risk of electrical shock, do not disassemble the unit. Refer servicing to qualified personnel. Simple trouble-shooting guidelines are provided on each unit. If any difficulties or questions arise, please contact the Bracing department at 306.975.9889.