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ICING INSTRUCTIONS

Either:

- A. Fill up a paper cup with water, place in freezer, and then take it out and peel off top one third of cup and hold bottom part with remaining paper from cup or
- B. Take an ice cube and massage the involved area for 20-30 minutes.

You will experience three phases:

1. The area will feel extremely cold.
2. The area will begin to hurt. DO NOT STOP.
3. The area will become numb.

Once this happens, take a break to allow the area to thaw or warm up a bit before continuing.

You must pass through all three stages to obtain the full effect of icing.

Perform this about 2 to 3 times daily. Make sure you perform the ice massage until the area is completely numb.

Never leave ice directly on skin the whole time.

For post op surgical cases, never leave ice pack on area for more than 15-20 minutes at a time. Never allow yourself to fall asleep with ice pack on the affected foot.

Disclaimer: This is meant as a guide and shall not be used as a substitute for proper medical care and/or explanation by your treating doctor. We have used all reasonable care in compiling the information but make no warranty as to its accuracy in specific situations. If there are any questions, please feel free to contact us.