

Post-Surgical Cold Therapy Instructions

Orthopedic Surgery

- Patients with problems sensing heat or cold should use extreme caution when applying any type of heat or cold therapy product to protect from possible burns or frostbite.
- It is always best to use a protective barrier between the gel pads and your skin such as a towel or the gel pouch itself.
- On average, gel packs can stay cold, providing three and a half hours of cold therapy.
- Latex-free wraps provide variable, safe compression and will not easily move. Don't secure the wrap too tightly around the area, but make sure it is secure enough to stay in place with movement.
- Bandage wraps will not trap moisture; it wicks away from the patient's dressing.
- Gel pouches are extremely durable polyester-layered products designed for extended, long-term use. To clean, simply hand wash the gel pouch with mild detergent and let it air dry.
- Gel bags, when frozen solid, can be molded easily prior to application. Simply insert the gel bags into the gel pouch and bend the wrap over the forearm. Within a few moments, the gel bags can be molded for a comfortable fit.
- **DO NOT replace the gel packs any sooner than four hours**, so it allows your skin the proper time to warm up. As a patient, you may be tempted to replace sooner, but, please refrain from doing so. The manufacturer has this warm-up period built in to protect your skin from damage due to constant exposure to extreme cold or heat.
- The white gel pack surface has an anti-microbial property and should be placed against your skin as an added infection-control precaution.
- **Your surgeon wants you to utilize these packs as COLD packs on your joint after surgery. Do not place heat on your surgical incision line.**
- Should the need arise for you to need WARM therapy, as ordered by your physician, these gel packs may be heated in a microwave for warm compresses. Use tongs to remove the warm gel packs from the microwave and to place them in the black wrap sleeves. Heat on full power for one minute, and heat only one pack at a time.
- Care should be taken when handling warmed gel bags by always using the protective gel pouch and/or towel for extra protection protection from the heat.

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.



AdventHealthOrthoInstitute.com