



Ice treatment

Information for patients from the Hand Therapy Service

Your therapist has given you this leaflet to try and decrease the pain and swelling in your hand through the use of ice treatment.

Why use ice?

Ice is a simple but effective treatment method to reduce swelling and pain.

How do I use the ice?

In the event of swelling, place a bag of frozen peas or ice cubes into a damp tea towel and rest it over the affected area for no more than 10 minutes. **Do not** apply the ice for more than 10 minutes unless instructed by your therapist, as you could cause a burn to your skin. If you are concerned about your skin, please stop your treatment and speak to your therapist.

Caution: ice can cause burns, so do not put it directly on your skin, always use a towel. Protect sensitive skin with baby oil.

Repeat every two hours and continue to use this technique for as long as you feel it helps.

What if I have any questions or concerns?

If you have any questions or concerns regarding your treatment please call the **Therapy Service** on **01227 78 30 65**.



This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation