

Cold Therapy: Using a wrap with a gel pack insert

Follow instructions from your surgeon on how often you should use cold therapy and for how long. The general recommendation is to apply the gel pack for 20 to 30 minutes every 1 to 2 hours.

Cold therapy wrap instructions

- 1 Place the gel insert in the resealable bag. Put it inside the freezer until the gel pack is frozen.
- 2 Remove the gel insert from the freezer and the resealable bag. Place the gel insert inside the wrap.
- 3 Place the wrap on the area. Attach the Velcro strap to the outer fabric of the wrap. The straps should be tight enough to keep the gel pack in place, but still be comfortable enough to wear.
- 4 The wrap may be hand washed and air dried when there is visible drainage or stains. The gel insert wrap can be cleaned with a moist towel or sponge.



Shoulder wrap



Back wrap



Knee sleeve



Surgical foot wrap



Universal wrap

Questions for my doctor

Notes

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