



Cold Therapy

CU Sports Medicine recommends using ice following surgery to help manage and resolve pain and swelling. There are multiple options to apply ice after surgery, from high tech to basic ice bags. Please read through this handout, benefits of each method, and choose a system that will work best for you.

A few important notes:

- Plan to ice almost continuously for the first 48 hours after surgery and through the first week.
- Always have a fabric barrier (t-shirt or towel) between your skin and ice device to prevent frost bite and injury to the skin.
- Bring your ice device to surgery or confirm with the ice company representative your device will be delivered to the hospital.
- Whether you are using an ice machine or ice bags you will likely need to supplement your ice maker at home with ice bags from the store.



VASCUTHERM 2 – Precision Medical Products

Description: DVT Prevention with Iceless Cold Therapy

Cost \$375 to purchase

Rental: billed to insurance

Contact to Order: Mia Del Hierro – Phone 720-848-8225



ICEMAN by DonJoy

Description: Motorized ice chest, ice sleeve

Cost \$175 – purchase only

Contact: Total Orthopedics – Phone: 303-932-6914



ICE BAGS

Description: Plastic bags or ice packs purchased at a drug store. Plan to have multiple on hand so you can continuously ice the surgical site