

Ice

- Ice reduces pain and inflammation.
- It should be applied within 5-10 minutes of injury.
- See the advice on page 6 on how to make and use an ice pack effectively.
- This helps to prevent fluid build-up (oedema) in the damaged tissue and maintains correct knee alignment and stability.

Compression

- Use a lightweight, breathable compression bandage.
- The bandage should be tight enough to support your knee without interfering with circulation.

Elevation

- Elevating your knee helps to reduce swelling by allowing fluids that might otherwise accumulate around the area to drain away under gravity.
- Try putting your foot up on a cushion or footstool or sitting in a recliner chair.

How to make and use an ice pack

To make an ice pack:

- Place ice cubes in a plastic bag or wet tea towel.
- A good alternative is a bag of frozen peas.
- Purpose made cold packs can also be bought from your local pharmacy.

To use the ice pack effectively:

- If the skin is intact, rub a small amount of cooking oil over the area where the pack is to sit. If the skin is damaged, or there are stitches in the area, use a plastic bag instead.
- Place a cold wet flannel over the area and place the ice pack on the top. Press the pack down gently onto the injured area for best effect.
- Check the colour of the skin after 5 minutes.
If the skin is bright pink or red, remove the ice pack immediately, otherwise replace the pack for another 5-10 minutes and recheck.
- The ice pack can be left on for 20-30 minutes in total. There is no benefit to leaving it on for longer, and it may cause skin damage if you do.
- Repeat every 2-3 hours (whilst awake) for 24-48 hours.

Warning : Do not use ice/cold packs:

- Over areas of skin that are in poor condition
- Over infected areas
- Over areas of skin which are insensitive to cold
- Over an area of skin with poor circulation
- If you are diabetic

If you have any comments about this leaflet or the service you have received you can contact :

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If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

