

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Therapy Services

How to apply ice or heat to your affected area

If you are viewing this leaflet online, please click on the following link to watch information videos. If you have a paper copy, please copy the link into your browser:

<https://www.youtube.com/watch?v=t3VD8Nh20gl>

Ice:

- Wrap an ice pack (or bag of frozen peas will do) in a cold damp towel.
- Elevate your limb on pillows if possible.
- Apply to affected area.
- Leave on for 20 minutes.
- Repeat every 2 hours as required.

Heat:

- Wrap a heat pack in a towel.
- Apply to affected area.
- Leave on for 20 minutes.
- Repeat every 2-3 hours as required.

Precautions

Do **NOT** apply ICE or HEAT directly onto your skin as this can cause burns.

Do **NOT** use cold or heat packs:

- Over areas of skin that are in poor condition.
- Over areas of skin with poor sensation to heat or cold.
- Over areas of the body with known poor circulation.
- If you have diabetes.
- In the presence of infection.

