

English Ice Cap





CAUTION Ice is used after an injury to reduce swelling and decrease pain. Ice decreases blood flow to the injured tissue and reduces inflammation. Cold therapy generally works best when used for 20-30 minutes every 3-4 hours or until swelling subsides.

To avoid frostbite, DO NOT USE on skin that is numb or lacks proper circulation.

Ask your doctor if COLD therapy is the treatment needed.





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