

ICE BAG INSTRUCTIONS

ICE BAG

- Unscrew lid insert ice to require amount (about 1/2 to 2/3 is ideal)
- Screw Lid back on firm but not too tight
- Place Ice Bag on swollen area and hold in place

IMPORTANT:

Never Ice for more than 15-20 minutes to avoid frost bite

Before re icing swollen area ensure it has no numbness (Suggested is no sooner than 1 hour)

REMEMBER:

Rest, Compression and elevation assist the healing process and minimise damage to the affected area

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