



Orthopedics

UNIVERSITY OF COLORADO

Post-Surgery Cold Therapy Options

To help manage pain and reduce swelling after surgery, your doctor recommends applying cold therapy. You have several options, from advanced cold therapy machines to simple ice bags. Please review this information and choose the best option for your needs.

A few important notes:

- Continuous Use: Plan to ice almost constantly for the first 48 hours after surgery and regularly through the first 2 weeks.
 - Cold therapy can help manage swelling 6-8 weeks after surgery
- Skin Protection: Always use a fabric barrier (such as a towel or clothing) between the ice and your skin to prevent frostbite or irritation.
- Payment: Most insurance companies, including Medicare and Medicaid, do not cover cold therapy options. Please be prepared to receive a bill for this device. FSA and HSA eligible.
- Bringing Your Device: Bring your ice machine to surgery or arrange for delivery to the hospital or surgery center. We will ensure it's working as you wake up from surgery.
- Supplemental Ice: Most machines require ice to cool the system, so make sure you have enough ice on hand. Consider buying a bag of ice from the grocery store.

To Own via CU Medicine:

Contact: DME Team

Email: DME@cuanschutz.edu

Phone: (303) 724-8426

POLARCARE CUBE by Breg

Description: Motorized ice chest, ice sleeve

Cost: \$240 to purchase



POLARCARE WAVE by Breg

Description: Motorized cold therapy with active compression

Cost: \$375 to purchase

