



ICE

University of Colorado-Department of Orthopedics recommends using ice following surgery to help manage and resolve pain and swelling. There are multiple options to apply ice after surgery, from high tech to basic ice bags. Please read through this handout, benefits of each method, and choose a system that will work best for you. A few important notes:

- *Plan to ice almost continuously for the first 48 hours after surgery and through the first week.
- *Always have a fabric barrier (t-shirt or towel) between your skin and ice device to prevent frost bite and injury to skin.
- *You are responsible for contacting the ice company to arrange for a machine, process payment, and arrange for delivery or pick-up.**
- *Most insurers *do not* cover cold therapy. Please check with your insurer for details on your individual plan.
- *Bring your ice device to surgery or confirm with the ice company representative your device will be delivered to the hospital, we will put it on as you wake up and ensure it is working before you leave the surgery center/hospital.
- *Whether you are using an ice machine or ice bags you will likely need to supplement your ice maker at home with ice bags from the store.

If you utilize ice bags only (plastic bags or ice packs purchased from a store), plan to have multiple on hand so you can continuously ice the surgical site.



NICE (www.nicerecovery.com)

Description: Motorized unit has both compression and cold therapy but do not need to fill the machine with ice.

To Order Contact: The Medcom Group- Phone: 970-434-0341 Fax: 844-213-8971



GAME READY (www.gameready.com)

Description: Motorized ice chest, anatomic ice sleeves, compression and temperature settings.

To Order Contact: Taylor Padilla- Phone: 303-888-8035 Fax: 866-584-5612



ICEMAN by DonJoy (www.donjoy.com)

Description: Motorized ice chest, ice sleeve

To Order Contact: Total Orthopedics - Phone: 303-932-6914 Fax: 303-484-4755



POLARCARE by Breg (www.breg.com)

Description: Motorized ice chest, ice sleeve

Cost: \$200 to purchase

POLARCARE WAVE

Description: Motorized cold therapy with active compression

Cost: \$375 to purchase

To Order Contact: Shelly Rakers- 720-872-4864 *Available for pickup at UCHealth Steadman Hawkins Clinic

Katie Bloom- Kathleen.bloom@cuanschutz.edu *Available for pickup at CU Specialty Care-Highlands Ranch