

The Ankle & Foot Walk-In Clinic

Doctor Scott Peters

Specialist of the Ankle & Foot

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ICING INSTRUCTIONS

Take a zip lock bag, fill it with ice cubes, Squeeze out the air, and zip it locked. Place the bag directly on the painful and/or swollen area. Wrap it firmly with an ace bandage, elevate it higher than your chest, and keep it in place for 20 minutes (no more, no less).

The first 5 minutes is extremely challenging because it is so cold but it gets easier after the first 5 minutes and easier yet after the first few times times.

Repeat this 3-4 times each day.