



Ice treatment

Information for patients from the Hand Therapy Service

You have been given this leaflet to try and decrease the pain and swelling in your hand using ice treatment.

Why use ice to treat my pain and swelling?

Ice is a simple but effective treatment for reducing swelling and pain.

How do I use the ice?

- Place a bag of frozen peas or ice cubes into a damp tea towel.
- Rest the towel over the affected area for no more than 10 minutes.
- Do not apply the ice for more than 10 minutes unless told to by your therapist, as you could cause a burn to your skin. If you are concerned about your skin, please stop your treatment and speak to your therapist.

Caution: ice can cause burns, so do not put it directly on your skin, always use a towel. Protect sensitive skin with baby oil.

- Repeat every two hours.
- Continue to use this treatment for as long as you feel it helps.

What if I have any questions or concerns?

If you have any questions or concerns regarding your treatment, please call the Hand Therapy Service on 01227 783065.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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