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ICING INSTRUCTIONS

Patient's Name: _____ Date: _____

1. Fill a zip lock bag with ice cubes.
2. Squeeze out the air and seal the bag.
3. Apply the bag to the painful area and secure it with an ace bandage.
4. Elevate the area higher than your chest for **20 MINUTES** (no more or less).
5. Ice the painful area for a minimum of **3 TIMES DAILY**.

*The first 5 minutes are extremely challenging because of the cold.
It gets easier after the first few times.*