



Patch-Up Instant Ice Pack Kit

32 ice packs total, with 4 Kits containing 8 each. Keep one at home and others in your vehicle, sports or team bag, bug out bag or outdoor adventure backpack.

How to Use Your Instant Ice Packs



Some Basic Understandings and Cold Pack Wisdom



Understanding Cold vs. Heat Therapy

Generally, ICE is applied to new injuries to control swelling and bruising. HEAT is applied to older or chronic injuries when bruising and swelling is under control and for sore muscles, chronic pain and stress, to increase circulation for healing.

Cold Therapy and How it Works

Cold therapy slows down blood flow and circulation to an injury, thereby reducing pain and swelling. It reduces inflammation, muscle spasm, and pain especially around a joint or a tendon. It can also temporarily reduce nerve activity, which can also relieve pain. It is most often used with injuries causing swelling and bruising.

How to Apply Cold Therapy

Applying ice to a new injury within 10 minutes or so will:

- Reduce bleeding into the tissues
- Prevent or reduce swelling (inflammation)
- Reduce muscle pain and spasm
- Reduce pain by numbing the area and by limiting the effects of swelling

Ideally, ice should be applied within 5-10 minutes of injury for 15-20 minutes. This can be repeated every 2 to 3 hours or so for the next 24 to 48 hours.

Generally, you should not use cold therapy on stiff muscles or joints. However, if a muscle is torn, then use ice to take the edge off the inflammation in the beginning stages. Once the worst is over, switch to heat.

Similarly, if you have chronic low back pain, you probably need heat, NOT ice, especially if it's the type of low back pain that flares up from time to time for no apparent reason. However, if there is a fresh back injury with swelling or bruising, applying cold first will help reduce symptoms before switching to heat a few days later.

Heat Therapy and How it Works

Heat therapy works by improving circulation and blood flow to a particular area due to the increased temperature. Elevating the temperature of the afflicted area even slightly can soothe stiffness and discomfort and increase muscle flexibility. This helps to relax and soothe muscles and heal damaged tissue.

How to Apply Heat Therapy

Heat should **not** be used on a new injury. It may increase bleeding under the skin around the injured area and may make the problem worse. Use heat treatment after swelling is under control, and with chronic injuries.

If heat is applied to the skin it should not be hot; gentle warmth will be enough. If excessive heat is applied there is a risk of burns and scalds. A towel can be placed between the heat source and the skin for protection.

~ Remember to seek medical treatment with all serious injuries ~



R.I.C.E

A Basic Treatment for Sprains and Strains is the R.I.C.E. Therapy

What everyone should know!

This recommended protocol is used to treat leg, knee, ankle, toe, arm, shoulder, wrist and finger injuries.

R.I.C.E Protocol Steps:

- Rest: Stop the activity immediately
- Ice: Apply an instant ice pack or ice to decrease swelling, bleeding and pain
- Compress: Apply pressure by wrapping an elastic bandage around the injured area
- Elevate: Elevate the injured limb to help drain excess fluid from the injury

~ As always, seek medical attention with all injuries including moderate to severe sprains ~



General Instructions for Your Instant Ice Packs

How They Cool:

Your cold packs consist of two bags. One contains water that is inside of another bag containing special cooling granules. When the inner bag is broken by squeezing the package, the water mixes with the other ingredients to rapidly cool the bag.

Instant cold packs are a convenient replacement for crushed ice used as first aid to reduce swelling with sports and other injuries, and can also be easily carried to remote or wilderness areas where ice is unavailable.

Your ice packs will remain cool for approximately 15 to 20 minutes which is the recommended time to ice common swelling caused by accidents or trauma.

Directions for Use:

- Shake granules to bottom of pouch
- Squeeze down from top using both hands to 'pop' the inner fluid bag
- Shake bag briefly to mix contents
- Wrap in soft cloth or apply directly to injury
- Discard when done

Caution:

- Cold therapy should not be used by individuals with diabetes or circulatory problems unless under the direct supervision of a physician
- For external use only
- Do not puncture. If bag breaks and fluid contacts skin or eyes, immediately flush area with large amounts of water
- Do not swallow contents (ammonium nitrate, water). If swallowed, drink large amounts of water (not milk) and immediately call the Poison Control Center or seek immediate medical attention



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