



Colorado
Foot Institute

ICE THERAPY

1. Ice and elevate your affected site, with two (2) pillows.
2. Apply ice at least twice a day. (At the end of the day is a good time)
3. Do not apply ice directly to the skin, as this can cause ice burns and possible frostbite to your skin.
4. The skin will pass through four stages of sensation while being iced; usually it takes 10- 15 minutes. These sensations, in order are:
 - a. Cold
 - b. Tingling
 - c. Aching/Burning
 - d. Numbness
5. Cold therapy should be stopped once the skin feels numb.
 - a. Wait at least 2 hours between ice applications. This will allow your body to warm up your skin and avoid ice burns to your skin.
 - b. Excessive icing can be counter-productive because of the body's natural defense mechanism to try and keep the body at a minimum temperature. There is also a need to rewarm the area to allow circulation of new oxygenated blood, and helps remove excessive fluid due to swelling.
6. Icing methods include: simple bags, such as a zip lock plastic bags, chemical cold packs or frozen vegetables, or purchase the refillable bags at your local pharmacy.
7. Monitor your circulation throughout your icing therapy. Pinch the tip of your toes. Your skin should blanch (turn white) and then return to normal color. Count the number of seconds it takes to return to normal color after you pinch. This time should be less than 2 seconds.
 - a. Discontinue icing if you experience: increased pain, burning, increased swelling, itching, blisters, increased redness, discoloration, welts, or other changes in skin appearance.
8. Notify the office if you have questions or need to provide us with an update.