

# Mistakes To Avoid When Using An Ice Pack



Never use an ice pack directly on bare skin.



Always wrap the ice pack in a damp cloth for a long-lasting effect.



Use it only for 10 to 20 minutes, as prolonged exposure to an ice pack may disrupt the blood flow.



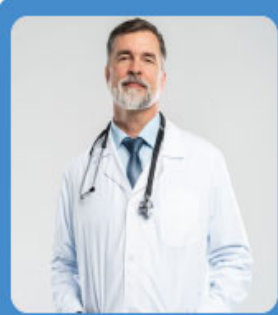
Wait for 20 minutes before using the pack again on the same body part.



Stop using the ice pack if you notice any redness or numbness.



Keeping your feet elevated may help speed up the pain relief process.



Consult your doctor before undertaking any form of cold therapy if you have diabetes.

## Reference

1. Cold Therapy (Cryotherapy) for Pain Management; University of Rochester