



ICE

CU Sports Medicine recommends using ice following surgery to help manage and resolve pain and swelling. There are multiple options to apply ice after surgery, from high tech to basic ice bags. Please read through this handout, benefits of each method, and choose a system that will work best for you. A few important notes:

- *Plan to ice almost continuously for the first 48 hours after surgery and through the first week.
- *Always have a fabric barrier (t-shirt or towel) between your skin and ice device to prevent frost bite and injury to skin.
- *Bring your ice device to surgery or confirm with the ice company representative your device will be delivered to the hospital, we will put it on as you wake up and ensure it is working before you leave the surgery center/hospital.
- *Whether you are using an ice machine or ice bags you will likely need to supplement your ice maker at home with ice bags from the store.
- *None of these will be covered by insurance. It will be your responsibility to cover the costs of any of these options. If your insurance states that they will cover the ice machine, it will be your responsibility to send your insurance the bill. If you utilize ice bags only (plastic bags or ice packs purchased from a store), plan to have multiple on hand so you can continuously ice the surgical site.



NICE (www.nicerecovery.com)

Description: Motorized unit has both compression and cold therapy but do not need to fill the machine with ice.

Cost: \$325 for 2 week rental (cash pay rentals)



ICEMAN by DonJoy (www.donjoy.com)

Description: Motorized ice chest, ice sleeve

Cost: \$175 to purchase (cash pay purchasing)

If you would like any of these options, please contact Mekenna at 720-602-0903 to set up coordination for any option.