

## Applying an Ice Pack

(non emergency situation)

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity
  
- Half fill the ice pack (bag) with crushed ice
- Squeeze any surplus air from the bag and close the bag securely
- Make sure the bag does not leak and the surface is dry
- Checking the skin is satisfactory, place the ice pack where needed
- Check regularly - you do not want to burn the skin with the cold from the ice
- Leave the ice pack in place, as required or advised by a medical practitioner
- If necessary, recharge the ice pack with fresh ice
- When the correct time has elapsed, remove the ice pack
- Dry the skin
- Make sure the client is comfortable
- If at any time the client is unhappy, stop the procedure before starting again

