

	MRI	3T MRI	3T OPEN BORE MRI	CT	PET-CT	NUC MED	MAMM	BREAST BX	US	DEXA	FLUORO	MR/CT ARTHRO	VEIN & IR	X-RAY
A SCOTTSDALE & OSBORN	X			X					X		X	X		X
B 2ND ST. & BROWN							X	X	X	X				X
C SMIL PET-CT					X									
D NORTH MEDICAL PLAZA II														X
E 92ND ST. & MOUNTAIN VIEW	X		X	X		X	X	X	X	X	X	X	X	X
F SCOTTSDALE & WESTLAND														X
G THOMPSON PEAK & SCOTTSDALE	X	X		X			X		X	X	X	X		X
H TATUM & SHEA	X			X		X	X		X	X				X
I PALISADES & SAGUARO	X			X			X		X	X				X
J HIGHLAND & 22ND ST.	X			X			X		X	X		X		X
K GILBERT		X		X	X	X	X	X	X	X		X		X

A SCOTTSDALE & OSBORN
Scottsdale Medical Center
3501 N. Scottsdale Rd., Ste. 130
Scottsdale, AZ 85251

B 2ND ST. & BROWN
Town Center Medical Plaza
7301 E. 2nd St., Ste. 112
Scottsdale, AZ 85251

C SCOTTSDALE MEDICAL IMAGING
PET-CT
Adjacent to
Scottsdale Healthcare Shea
9003 E. Shea Blvd
Scottsdale, AZ 85258

D NORTH MEDICAL PLAZA II
Scottsdale Healthcare Medical Campus
10290 N. 92nd St., Ste. 100
Scottsdale, AZ 85258

E 92ND ST. & MOUNTAIN VIEW
Desert Mountain Medical Plaza
9220 E. Mountain View Rd.
Suites 100, 201, 214
Scottsdale, AZ 85258



F SCOTTSDALE & WESTLAND
Scottsdale Westland Office Suites
33755 N. Scottsdale Rd., Ste. 120
Scottsdale, AZ 85260

G THOMPSON PEAK & SCOTTSDALE
Thompson Peak Medical Plaza
20201 N. Scottsdale Healthcare Dr., Ste. 190
Scottsdale, AZ 85255

H TATUM & SHEA
Mountain View Medical Center
10575 N. Tatum Blvd., Ste. C-128
Paradise Valley, AZ 85253

I PALISADES & SAGUARO
Fountain Hills Medical Center
16838 E. Palisades Blvd., Bldg. C, Ste. 151
Fountain Hills, AZ 85268

J HIGHLAND & 22ND ST.
Biltmore Medical Mall
2222 E. Highland Ave., Ste. 120
Phoenix, AZ 85016

K MERCY RD. & ROME ST.
Mercy Medical Commons
3645 S. Rome St., Ste. 101
Gilbert, AZ 85297

APPOINTMENT INFORMATION

PATIENT NAME _____

DATE _____

TIME _____

LOCATION _____

SMIL SCOTTSDALE MEDICAL IMAGING
AFFILIATED WITH SOUTHWEST DIAGNOSTIC IMAGING LTD
A TRADITION OF INNOVATION AND SERVICE

SCHEDULING: (480) 425-5030

SCHEDULING FAX: (480) 425-5033

MAIN PHONE: (480) 425-5000

www.esmil.com



Orthopaedic Specialists
of Central Arizona

HIBICLENS SCRUB:

The Hibiclens scrub is an over-the-counter anti-bacterial wash (no iodine) which can be purchased at most pharmacies. The evening before surgery and the day of surgery shower using this scrub. For more information, please see enclosed information.

SURGERY DATE

Please report to the SCOTTSDALE HEALTHCARE admitting department. Your surgery time will be confirmed at your preoperative appointment. **PLEASE NOTE: SURGERY TIMES CAN CHANGE UP TO THE DAY OF SURGERY.**

ASPIRIN AND MOBIC

After surgery, you will be taking 325MG Enteric Coated aspirin twice a day. If you are having a Total Knee Arthroplasty (TKA) you will take the aspirin for 2-weeks after surgery. If you are having a Total Hip Arthroplasty (THA), you will be taking aspirin for 4-weeks after surgery. In addition, you will receive a prescription for Mobic, the generic is Meloxicam.

HOME HEALTH OR SKILLED NURSING FACILITY

After your Total Knee Arthroplasty (TKA) or Total Hip Arthroplasty (THA), you will either have Home Health (H.H.) or go to a Skilled Nursing Facility (S.N.F.). For about two weeks after surgery, a physical therapist will visit 2-3 times a week to check vital signs, the incision as well as a plan for your physical therapy. The Home Health agency will call you to set up these appointments. We can help you set up your Home Health care at your pre-op appointment.

TOTAL JOINT IMPLANT CARDS:

You will receive an implant card either at your pre-op appointment or after surgery.

DENTAL OR INVASIVE PROCEDURES:

No dental procedures, even a cleaning, 1 month prior or 3 months after surgery. You will need to be on antibiotics for 2-years after your surgery for any dental or invasive procedures. Please call our office so we can call in an antibiotic prescription to your pharmacy.

FLU SHOTS:

You can have the flu vaccine or shingles vaccine 4 weeks prior to surgery or 6 weeks after surgery.

POSTOPERATIVE APPOINTMENT:

Your post-op appointment will be between 10 and 14 days after surgery. You will be given an order for a post-op x-ray at your pre-op appointment. Please have the x-ray done prior your post-op appointment.

We wish you a speedy recovery!



Orthopaedic Specialists
of Central Arizona

FEROUS SULFATE:

For patients who are having a Total Knee Arthroplasty (TKA) or a Total Hip Arthroplasty (THA), please begin taking Ferrous Sulfate (iron tablets) 325 mg, one tablet twice daily. Ferrous Sulfate boosts your blood for surgery. Take one tablet twice a day for 3-4 weeks prior to surgery and one tablet twice a day for 2 weeks after surgery. **Ferrous Sulfate can cause constipation and black stools.** You may need to take a stool softener.

If you are *allergic* to Sulfa, you will not be taking Ferrous Sulfate. Please have Iron-enriched foods for 1-month before surgery. Some examples include: red meat, egg yolks, spinach, prunes, turkey, beans, lentils, chick peas, soybeans, liver, and artichokes.

BOOT CAMP CLASS & PRE-CONDITIONING PHYSICAL THERAPY:

Please contact SCOTTSDALE HEALTHCARE to schedule your BOOT CAMP AT 480-324-7056. Also, please schedule your pre-conditioning physical therapy with a physical therapist of your choice. This will strengthen your knee/hip/shoulder for surgery and helps with the recuperation after surgery.

SCOTTSDALE HEALTHCARE, THOMPSON PEAK, PRE-REGISTRATION:

A nurse from SCOTTSDALE HEALTHCARE will contact you for your pre-admission interview a week before your surgery. Please have your medication list and a list of your previous surgeries available for the phone call. The nurse will also give you instructions regarding medications to take the day of surgery.

DISABILITY INSURANCE

If you have disability insurance through your employer, it is imperative that you give us your FMLA paperwork as soon as possible, so your surgeon can complete. There is a \$30.00 charge to complete the form.

PRE-OP APPOINTMENT

You will receive your prescriptions for Mobic and Hydrocodone at your pre-op appointment. These prescriptions are for **AFTER SURGERY**. Mobic is your anti-inflammatory medication, which helps with swelling and inflammation. Your pain medication will be Hydrocodone. 1-2 tablets every 6 hours for pain. **A side effect of pain medication is constipation.** Please purchase a stool softener and drinking plenty of fluids can help prevent constipation. Dr. Kaper recommends Colace. If necessary, you can try Milk of Magnesia, Dulcolax suppository, a Fleets enema or Magnesium Citrate (1/2 bottle; if no bowel movement in 6-hours, take the rest of the Magnesium Citrate.)

(OVER, PLEASE)

9/8/14



HIBICLENS ANTI-BACTERIAL SOAP

Surgery Prep

Left Total Knee Arthroplasty
Right Total Knee Arthroplasty

Left Uni-Compartmental Knee Arthroplasty
Right Uni-Compartmental Knee Arthroplasty

Left Total Hip Arthroplasty
Right Total Hip Arthroplasty

- The evening before and the morning of surgery, shower using the Hibiclens scrub. Shower using the scrub, scrub your lower extremity including your hip, thigh, groin, knee and toes.
- Hibiclens Scrub can be purchased over-the-counter at any pharmacy.
- If you have any abrasions on or near the surgery site, your surgery will need to be cancelled. Please call our office at 778-9250 if this occurs.

REMINDER:

NOTHING TO EAT OR DRINK 8 HOURS PRIOR TO YOUR SURGERY



POST DISCHARGE PROVIDER LIST

HOME HEALTH AGENCIES

AMEDISYS

CHANDLER: 480-883-9295

SURPRISE: 623-974-7810

CENTRAL PHX: 602-395-1999

ARROWHEAD HOME HEALTH

623-236-3949

BANNER

480-657-1000

BAYADA

602-870-6364

GENTIVA HEALTHCARE

602-992-0709

KC'S HOME HEALTHCARE

602-283-4089

SCOTTSDALE HEALTHCARE

480-882-4222



Orthopedic Specialists
of Central Arizona

POST DISCHARGE PROVIDER LIST

SKILLED NURSING FACILITY

SANTE OF NORTH SCOTTSDALE
17490 N. 93RD ST.
SCOTTSDALE, AZ, 85255
480-630-3749

LOCAL ACUTE REHAB

SCOTTSDALE HEALTHCARE REHABILITATION HOSPITAL
8850 EAST PIMA CENTER PARKWAY
SCOTTSDALE, AZ 85258
480-800-3900

HEALTH SOUTH REHAB HOSPITAL
9630 E. SHEA BLVD.
SCOTTSDALE, AZ 85260
480-551-5400

PRE-OP MEDICATION INSTRUCTIONS:

HOLD/STOP AT LEAST 1 WEEK BEFORE SURGERY

ANY and ALL Herbal medications

Vitamins and Supplement

- Alpha lipolic acid
- Acetyl-L-carnitine
- AZO PMS
- Cinnamon
- Chamomile
- Creatine
- Dong Quai
- Echinacea
- Ephedra
- Feverfew
- Fish oil
- Garlic
- Ginger
- Gingko biloba
- Ginseng
- Glucosamine chondroitin
- Glutamine
- Goldenseal
- L-carnosine
- Licorice
- Kava kava
- Milk thistle
- Multivitamins
- Omega-3
- Resveratrol
- Skullcap
- St. John's Wort
- Valerian
- Vitamin C
- Vitamin E

Hormone replacement-

**Implanted hormone pellets
and IUDs are okay.**

- Estrogen
- Oral Contraceptives
- Progesterone
- Testosterone.

Weight loss medications/products

(Prescription and/or Over the Counter)

- Adipex-P
- Alli
- Bontril PDM
- Bontril slow release
- Desoxyn
- Didrex
- Diethylpropion
- Ephedra
- HCG
- Ionamin
- Phendimetrazine Tartrate ER
- Phentermine
- Qsymia
- Suprenza
- Xenical

Antirheumatics/Biologics/TNF Inhibitors

- Actemra
- Adalimumab
- Belimumab
- Benlysta
- Cimzia
- Enbrel
- Golimumab
- Humira
- Kineret
- Orencia- 4 weeks
- Remicade- 4 weeks
- Rituxan
- Rituximab
- Simponi
- Tofacitinib
- Xeljanz

This list is not exhaustive. This means that **not** everything is included - just the basics.
If you have a medication that is not on the list, please ask your physician.

HOLD/STOP AT LEAST 1 WEEK BEFORE SURGERY

NSAIDs

(Non-Steroidal Anti inflammatory drugs)

- Aleve
- Anaprox
- Ansaid
- Aspirin
- Cataflam
- Clinoril
- Daypro
- Diflunisal
- Duexis
- Diclofenac
- Etodolac
- Fledene
- Fenoprofen
- Flurbiprofen
- Ibuprofen
- Indocin
- Indomethacin
- Ketoprofen
- Motrin
- Nabumetone
- Nalfon
- Naprelan
- Naprosyn
- Naproxen
- Oxaprozin
- Piroxicam
- Salsalate
- Sulindac
- Voltaren
- Zorprin

- *It is OK to continue Meloxicam/Mobic or Celebrex prior to surgery.*

DAY OF SURGERY MEDICATIONS:

take the following medications with a sip of water on the morning of surgery.

Take Beta Blocker

- Acebutolol
- Atenolol
- Betapace
- Betaxolol
- Bisoprolol
- Biocadren
- Breviblock
- Bystolic
- Carteolol
- Cartrol
- Carvedilol
- Coreg
- Corgard
- Corzide
- Esmolol
- Inderal
- Inderide
- InnoPran XL
- Kerlone
- Kerledex
- Labetolol
- Levatol
- Lopressor
- Metoprolol
- Nadolol
- Nebivolol
- Normodyne
- Penbutolol
- Pindolol
- Propranolol
- Satolol
- Sectral
- Sorine
- Tenoretic
- Tenormin
- Timolide
- Timolol
- Trandate
- Toprol-XL
- Viskin
- Zabeta
- Ziac

Take Calcium Channel blockers

- Adalat CC
- Amlodipine
- Calan
- Cardene SR
- Cardizem
- Covera-HS
- Dilacor
- Diltiazem
- DynaCirc CR
- Felodipine
- Isradipine
- Lotrel (amlodipine/benazepril-combo),
- Nicardipine
- Nifedipine
- Nisoldipine
- Norvasc
- Plendil
- Procardia XL
- Sular
- Tarka (trandolapril/verapamil)
- Tiazac
- Verapamil
- Verelan

Take Gastrointestinal reflux medications (GERD)

- Omeprazole (Prilosec)
- Lansoprazole (Prevacid)
- Pantoprazole (Protonix)
- Rabeprazole (Aciphex)
- Esomeprazole (Nexium)
- Dexlansoprazole (Dexilant)

H-2 Blockers

- Cimetidine (Tagamet)
- Famotidine (Pepcid)
- Nizatidine (Axid)
- Ranitidine (Zantac)

Take Anti-arrhythmics

- Amiodorone
- Adenosine
- Atropine
- Digitoxin
- Digoxin
- Flecainide
- Procainamide
- Quinidine
- Tambocor

This list is not exhaustive. This means that **not** everything is included - just the basics.

Take Anti-seizure medications

- Acetazolamide
- Carbamazepine
- Celontin
- Cerebyx
- Clobazam
- Clonazepam
- Depakene/Convulex
- Depakote
- Diacomit
- Diamox
- Diazepam
- Dilantin/Epanutin
- Divalproex sodium
- Epilim
- Eslicarbazepine
- Ethosuximide
- Ethotoin
- Felbatol
- Fosphenytoin
- Frisium
- Gabapentin
- Gabitril
- Gemonil
- Lamotrigine
- Lyrica
- Keppra
- Mephenytoin
- Mesantoin
- Metharbital
- Methsuximide
- Methazolamide
- Milontin
- Mysoline
- Neptazane
- Neurontin
- Oxcarbazepine
- Peganone
- Phenobarbital
- Phenytoin
- Phensuximide
- Pregabalin
- Primidone
- Sabril
- Sodium valproate
- Stiripentol
- Tegretol
- Tiagabine
- Topamax
- Topiramate
- Tridione
- Trileptal
- Trimethadione
- Valproic acid
- Valium
- Vigabatrin
- Vimpat
- Zarontin
- Zonéggran
- Zonisamide

Take Respiratory medications

- Advair Diskus
- Albuterol Alupent
- Alvesco
- Beclomethasone
- Budesonide
- Ciclesonide
- Cromolyn Sodium
- Dulera (mometasone furoate/formoterol fumarate)
- Flovent
- Flunisolide
- Foradil
- Ipratropium Bromide
- Isoproterenol sulfate
- Levalbuterol
- Maxair
- Metaproterenol
- Mometasone furoate
- Nedocromil
- Oxymetazoline
- Phenylephrine
- Proair HFA
- Proventil
- Pulmicort
- Qvar
- Serevent
- Salmeterol
- Theophylline
- Ventolin
- Xopenex

Take Anti-rejection medications including steroids

- Atgam
- Azasan
- Azathioprine
- Cellcept
- Cyclosporine
- Everolimus
- Mycophenolate Mofetil
- Myfortic
- Neoral
- Prednisone
- Prograf
- Rapamune
- Sirolimus
- Tacrolimus
- Zortress

Take Chronic pain medications

- Except NSAIDs

Insulin

If you're on insulin, call the provider managing your diabetes. Get specific insulin doses for the DAY OF PROCEDURE.

DAY OF SURGERY MEDICATIONS:

DO NOT TAKE

ACE Inhibitors

***ACE w/ HCTZ**

- Accupril
- *Accuretic
- Aceon
- Altace
- Benazepril
- Captopril
- Capoten
- *Capozide
- Coversyl
- Enalapril
- Fosinopril
- Fositen
- Gopten
- Imidapril
- *Lotensin
- Lisinopril
- Litril
- Lopril
- Lotensin
- Mavik
- Moexipril
- Monopril
- Novatec
- Odrik
- Perindopril
- Prinivil
- *Prinzide
- Quinapril
- Ramace
- Ramiwin
- Ramipril
- Renitec
- Prilace
- Tanatril
- Tarka
- Trandolapril
- Triatec
- Tritace

ACE (Cont)

- *Uniretic
- Univasc
- *Vaseretic
- Vasotec
- *Zestoretic
- Zestril
- Zofenopril

ARBs

- Atacand
- Avapro
- Benicar
- Candesartan
- Cozaar
- Diovan
- Eprosartan
- Irbesartan
- Losartan
- Micardis
- Olmesartan
- Telmisartan
- Teveten
- Valsartan

Oral Diabetes Medication

- Acarbose
- Actos
- Alogliptin
- Amaryl
- Apidra
- Avandaryl
- (Rosiglitazone/glimepiride)
- Avandia
- Avapro
- Bydureon
- Byetta
- Canagliflozin
- Colesevelam
- Cycloset
- Diabeta

Oral Diabetes Medication

(Cont)

- Diabinese
- Duetact
- (Pioglitazone+ glimepiride)
- Exenatide
- Glimepiride
- Glipizide
- Glucagen
- Glucagon
- Glucotrol
- Glucotrol XL
- Glynase
- Glyburide
- Glyset
- Januvia
- Invokana
- Linagliptin
- Liraglutide
- Miglitol
- Onglyza
- Pioglitazone
- Pramlintide
- Prandin
- Precose
- Prestab Repaglinide
- Rosiglitazone
- Saxagliptin
- Sitagliptin
- Starlix
- Symlin
- Tradjenta
- Victoza
- Welchol

DAY OF SURGERY MEDICATIONS:

DO NOT TAKE

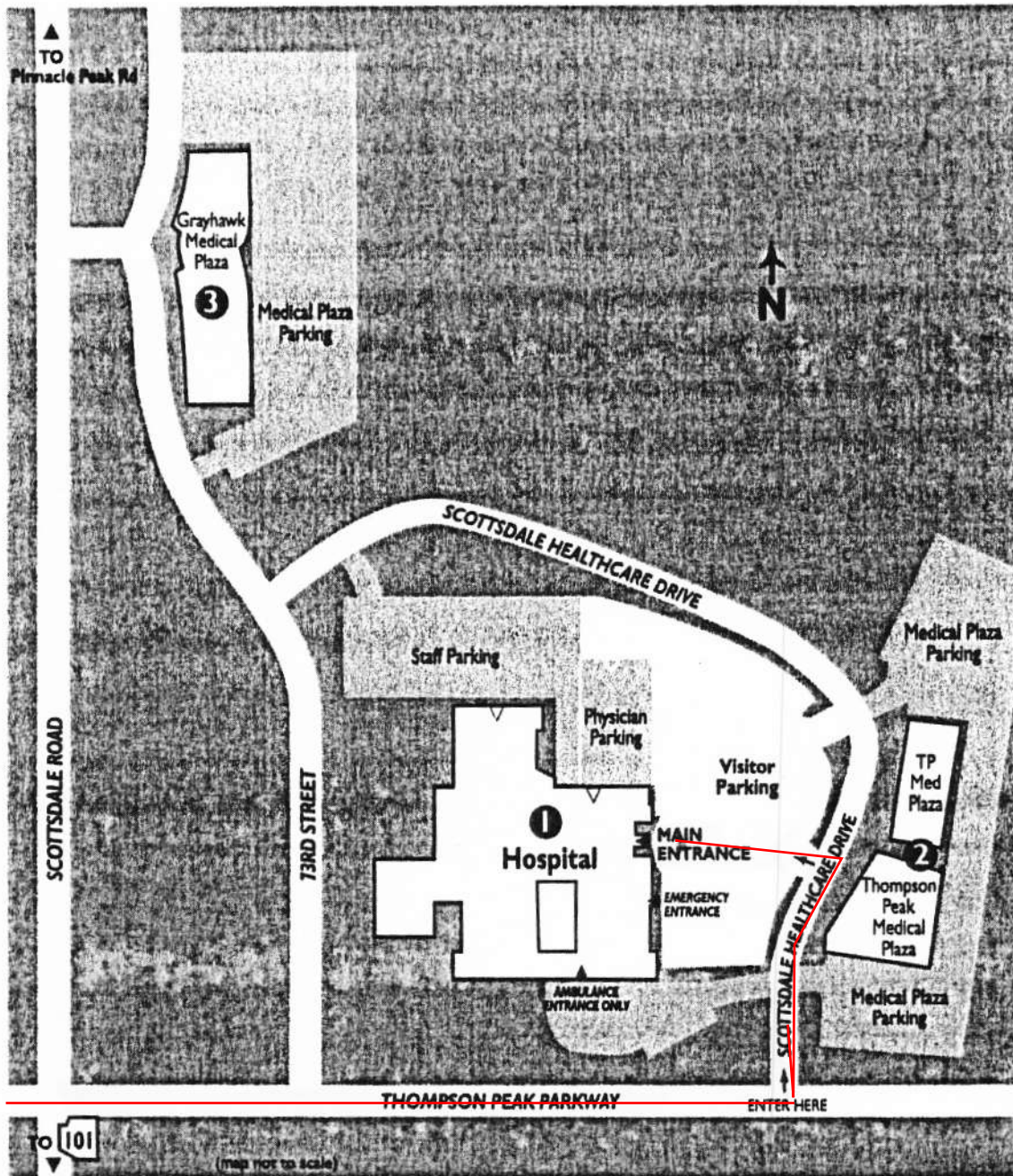
Diuretics

- Amiloride
- Bumetanide
- Chlorthalidone
- Demadex
- Edecrin
- Ethacrynic
- Furosemide
- Hydrochlorothiazide
- Lasix
- Thalitone
- Triamterene
- Torsemide
- Metolazone
- Microzide
- Spironolactone
- Triamterene
- Zaroxolyn

Metformin

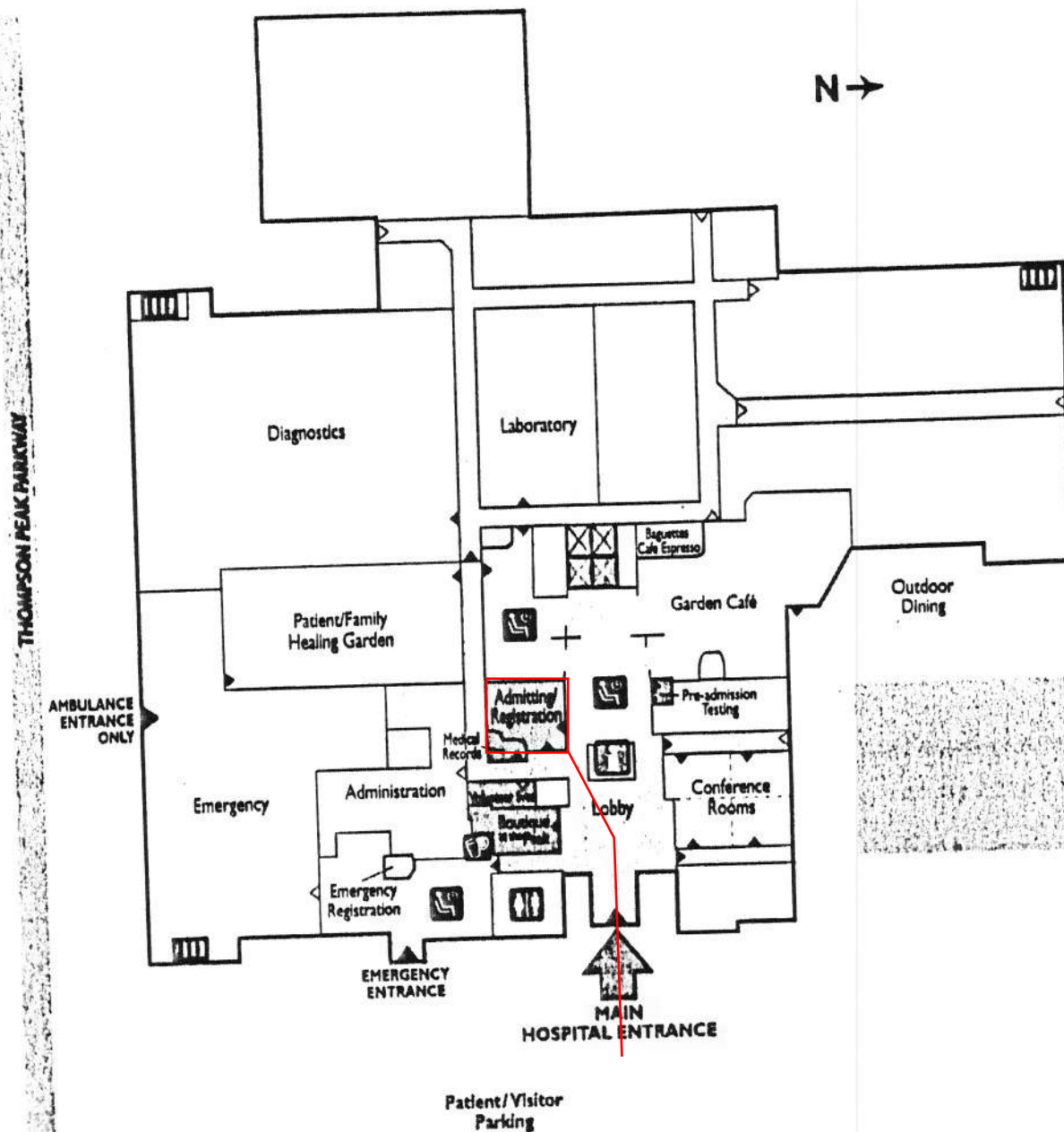
Instruct patient to STOP the following medications 2 days before surgery

- Actoplus Met
- Actoplus Met XR
- Avandamet
- Fortamet
- Metaglip
- Glucophage
- Glucophage XR
- Glucovance
- Glumetza
- Janumet
- Janumet XR
- Jentadueto
- Kombiglyze XR
- Kazano
- Metformin
- PrandiMet
- Riomet



Scottsdale Healthcare Thompson Peak Hospital is located at 7400 E. Thompson Peak Parkway, Scottsdale, AZ 85255. This is north of the 101 on Thompson Peak Parkway, and just east of Scottsdale Rd. The main entrance to the hospital is at the east side of the hospital.

Patient/visitor parking is located off Scottsdale Healthcare Drive.



SCOTTSDALE HEALTHCARE DRIVE

LEGEND							▲ Visitor Entrance
	Stairs		Visitor Elevator		Restroom		Concierge
	Family Lounge		Vending		Staff Entrance		

The Total Joint Center at Scottsdale Healthcare Thompson Peak Hospital is located on the 3rd floor Orthopedic/Spine unit.
Take the main lobby elevators to the 3rd floor and go to the right.

Orthopaedic Specialists of Central Arizona
3655 Crossings Dr. Prescott, AZ 86305
928-778-9250

Post-operative Instructions following Joint Replacement Surgery:

Activity:

No driving for 4 weeks, unless specifically told otherwise.

No lifting more than 10 pounds for 4 weeks after surgery.

Most joint replacements allow you to perform weight bearing on your operative leg as tolerated.

“As tolerated” means that you may put weight on the leg as dictated by your pain.

It is recommended that you use your walker as instructed by the physical therapist. You may progress to a cane in the opposite hand when comfortable, and when you can walk with little or no limp.

You may climb stairs and walk as much as you feel comfortable.

Resumption of your “normal” activities should wait until approximately 6 weeks after surgery.

Dressings:

DO NOT bathe, swim, or otherwise soak your wound until your incision has completely healed.

The original surgical dressing may be changed 48 hours after surgery. Leave the “Steri-strips” or butterfly dressings intact- DO NOT REMOVE THE STERI-STRIPS. The dressing should be changed once a day to allow you to check the wound. When you change the dressing, remove the dressing and then redress the incision with a light gauze dressing. You may shower after 48 hours, with the dressing removed- replace the dressing after your shower.

You may notice some redness about the incision as it heals. If this redness increases or you notice any significant discharge from the wounds after the first several days, please let us know.

Discharge:

Patients are discharged from the hospital on *average* one to three days after surgery. Some patients require a short stay at one of the local rehabilitation centers, where additional acute care and therapy can be given. Transportation to the extended care facility (ECF) is arranged through by the ECF staff and the hospital social worker.

If you are discharged home, under the care of your family or friends, please ensure that someone will be with you 24 hours a day for at least the first several days. Home health agencies provide in home nursing care if needed, as well as a home physical therapist. If this is something you would like, it is arranged by one of the hospital social workers after surgery.

Pain Control:

You will be given a prescription for pain medication (usually generic Norco to be taken 1-2 tablets every 4 to 6 hr.) after surgery. Use this as needed. This will be combined with an anti-inflammatory medication, usually Mobic or Celebrex. Once the initial pain subsides, try to manage with just Extra-strength Tylenol or the anti-inflammatory medication. Please be mindful if you are running low on medications and need a refill- you must give the office 72 hours advance notice.

Narcotic pain medications (for example, Lortab, Vicodin, Norco, Tylenol #3, Percocet) can all cause constipation as a side effect. Make sure to drink adequate fluids to keep well-hydrated. You may need to use a stool softener, as well as a laxative to ensure appropriate bowel movements. These are available over-the-counter.

It is common to have swelling and discomfort for several weeks after surgery. Icing is extremely helpful to control both pain and swelling. Please refer to the specific icing instructions that been given to you. Ice the operative site for 20 minutes at least four times a day for the first two to three weeks. After that, use ice if you still notice significant swelling or you still have pain.

Medications:

For most patients, you will be instructed to resume taking all your usual medications as before surgery. Exceptions would include aspirin-type products or other blood-thinning medications. These should not be taken.

A blood thinner is routinely prescribed for two to four weeks after surgery, this is considered the "high-risk" period for blood clots after surgery. Most commonly-used medication is enteric-coated Aspirin. Coumadin, Fragmin, Lovenox, Arixtra, and Xeralto may be used.

Blood Tests:

If you are on Coumadin as your blood thinner after surgery, you will require a blood test every Monday and Thursday while you are on this medication. The test is called a "Protime" or "INR"- this allows us to ensure that you are taking the correct dose of Coumadin.

Work:

For those patients who work, the time it takes to return to your job is extremely variable. This is dictated by your recovery from surgery, and the type of work you do.

Follow-up:

You will need to be seen approximately 10-14 days after surgery. Your follow-up will usually be scheduled in advance of your surgery. If this has not been done, please contact our office.

Notify our office if you notice:

- Increasing pain at the site of the wound that does not subside with medication.
- Temperature over 101.5° F, taken orally.
- Numbness or loss of sensation below the operative site.
- Blood soaking through the dressing.



Orthopaedic Specialists of Central Arizona

POST-OPERATIVE ICING INSTRUCTIONS

The use of ice, or cryotherapy, can relieve pain, swelling, inflammation or spasm. It is important that you are consistent with your icing program. You should continue a regular and consistent icing program as long you experience symptoms. Remember, ice is "your friend" after any orthopaedic injury or surgery.

In order to maximize the benefit of the ice treatments, you must ice the affected area at least four times a day. A good pattern is to ice in the morning, at noon, in the afternoon, and again in the evening. Icing an hour before bedtime is also helpful. In addition, ice following physical therapy, independent exercises, any prolonged activity or vigorous exercise.

There are many good ways to use ice. NEVER apply ice directly on your skin. In all cases, a pack should have a cloth between it and your skin. Apply the ice pack to the affected area for approximately 20 minutes. Be sure you do not apply ice for longer periods than indicated, nor fall asleep with ice on your skin.

ICE PACKS: Ice packs may be made with cubed, crushed, or shaved ice. Wrap the ice pack in a wash-cloth or towel and apply it to the affected area.

VEGETABLE PACK: Place loose frozen small vegetables (peas, corn, etc.) in a plastic bag and apply to the affected area on top of a wash-cloth. Refreeze after use and label "DO NOT EAT". To reuse, bang frozen bag gently on a counter edge to loosen vegetables.

ALCOHOL PACK: Combine 3 cups of water with 1 cup of rubbing alcohol in a zip-lock bag and freeze overnight until slushy. Wrap wash-cloth or towel over the bag and apply to affected area. Refreeze after use. This mixture is unsafe to drink or eat. Ensure that the bag does not leak on other items in your freezer, or get into the hands of small children.

POLAR CARE "COLD THERAPY": Polar pads may be recommended or given to you. Please follow the specific instructions that accompany the unit. *Never* apply the polar pad directly onto your skin as this may result in serious skin injury.