

## INFORMATION FOR PATIENTS

# Your Cryo-cuff

**This leaflet outlines the precautions of your Cryo-cuff and how best to use it. If you have any more questions, please ask your physiotherapist.**

### What is a Cryo-cuff?

A Cryo-cuff works similar to an ice pack. They are an easy to use device, which provides cold therapy to your knee in order to help control the pain and swelling. They should be used regularly as part of your rehabilitation programme following injury or operation.



### How do I use it?

Each cuff is filled with iced water and fits around your knee using the Velcro straps. Ensure the hole in the middle of the cuff fits over your knee cap. For best results, ensure your leg is straight and elevated before applying it.

### How long do I need to use the Cryo-cuff for?

Your Cryo-cuff should be used for no longer than 20 minutes at a time. After each use, ensure you have a one hour break before using again. If you suffer with diabetes or any other health conditions that alters the sensation in your skin, please inform your physiotherapist so they can best advise when/how to use it.

### How do I refill the cuff?

Whilst you are on the ward, the therapy team or nursing staff will continue to top up the cuff with fresh iced water. Once home, you will not need to change the water. Instead, keep the cuff in the fridge when you are not using it to ensure it stays cold, and apply regularly throughout the day.

## **What else can I do to help settle the swelling?**

Swelling is very common following an operation on your knee and can often stay for a long time afterwards. Regularly elevating your leg will help decrease the swelling. When you are at rest, ensure your leg is on a foot stool. Ideally, aim to have your foot higher than your knee by putting it on pillows.

Also, little and often on your feet to begin and gradually building up the distance you are mobilising is important to manage your swelling. Regularly completing the exercises for your knee is also important. These will be provided by your physiotherapist and are very important in increasing your circulation.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases.

Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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