

WARM AND COLD COMPRESSES

Cold Compresses:

Frozen green peas in a snack size bag over a **DAMP** paper towel make a great cold compress. For best effect, keep the compress on constantly, but change the bags of peas every 20 -30 minutes as the peas warm up. For application to both eyes, 6 - 8 snack size bags of peas are usually sufficient to rotate through the freezer. Ice cubes or ice chips can be used over a thick damp facecloth, but we caution to avoid frost bite. The compresses should be comfortably cool, not “freezing cold”. A damp cloth helps to transmit the cold temperature more effectively. In general, cold compresses are applied for the first 48 hours only, to cause blood vessels to spasm, decreasing the degree of swelling.



Partially filled Frozen peas in a snack size Ziplock bag



Wrap frozen peas in damp cloth or paper towel

Warm And Hot Compresses:

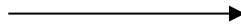
AFTER 48 hours of cold compresses, switch to warm compresses for as many days as necessary for all the bruising to resolve. Warm compresses should be applied for 10-15 minutes each hour. The more warm compresses you apply, the faster your bruises will vanish. **Although warmth will diminish bruises, it will increase swelling. That's ok.**

Rice in a Sock: Fill a clean, cotton sock (*athletic socks are 80% cotton and work well*) with 2-3 cups of raw rice. Microwave to desired temperature (*usually about a minute or less, depending upon the wattage of your microwave*). After heating, wrap the sock in a **DAMP** facecloth/paper towel.

Caution: Rice at the center of the sock may get hotter than that at the periphery during microwave, so shake the sock well before testing the temperature.



Raw rice in an 80% cotton sock with end tied off



Wrap the sock in damp face cloth/paper towel