

Contrast bathing

Contrast bathing is a simple but effective treatment to reduce stiffness and swelling of your fingers and provide relief from aches and pains.

This sheet tells you what is involved and how often you should do it. If you have any questions or need further information, please do not hesitate to call your hand therapist using the number below.

What equipment do I need?

- Two bowls (large enough to immerse the affected part of your hand)
- Ice cubes
- Hot and cold water

What do I need to do?

- Fill one bowl with ice cubes and cold water. Fill the other bowl with hand-hot water.
- Immerse the affected area of your hand in the hand-hot water for 30 seconds and then straight away into the cold water for 30 seconds.
- Continue to alternate between the two for five minutes.
- Make sure that the last immersion is always in **hand-hot** water.

How often should it be done?

You should carry out contrast bathing daily to help to control pain until your hand therapist instructs you otherwise.

It will probably be most useful in the morning, but you can carry it out as often as you need to during the day.

Contact us

If you have any questions or concerns about contrast bathing, please contact the **hand therapy department** on **020 7188 4172** or **020 7188 4174**, Monday to Friday 8am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership