

# How to use your cryocuff

This leaflet explains more about using your cryocuff (cold pack) at home after your total knee replacement.

If you have any further questions, please speak to the physiotherapist caring for you.

## What is a cryocuff?

A cryocuff is a portable device, filled with water, which is cooled in the fridge and then wrapped around the knee. The combination of pressure and the cold helps to reduce pain and swelling, which will help you to recover more quickly.

## What do I do when I leave hospital?

Take the cryocuff home with you in the plastic wallet provided. It should be full of water but it does not have to be cold. At home, keep the cryocuff in the plastic wallet, place it in your fridge and keep it there until you wish to use it.

## How do I use my cryocuff?

To use the cryocuff, remove it from your fridge and take it out of the plastic wallet. Wrap the cryocuff around your knee with the plastic spout facing you. Fasten the Velcro straps so that they are comfortable but secure. Leave the cryocuff on the knee for fifteen to twenty minutes.

Remove the cryocuff by undoing the Velcro straps, put the cryocuff in the plastic wallet and return it to the fridge as before.

## Why should I use my cryocuff?

The cryocuff will help you to reduce pain and swelling after your total knee replacement. If your pain and swelling is controlled, you will be able to move around freely and complete your exercises fully.

## How long should I use my cryocuff for?

Apply the cryocuff for 15 to 20 minutes, three to four times a day as required.

## What should I avoid doing?

Do **NOT** put the cryocuff in the freezer or ice compartment. If the cryocuff is applied to your knee frozen it can cause serious ice burns to your skin. Freezing the cryocuff may also damage it.

## How do I look after my cryocuff?

The cryocuff should be kept clean at all times. Only use washing up liquid and never use cleaning products that contain chemicals such as bleach, as these may damage the cryocuff. It is a good idea to leave it in the plastic wallet when it is not in use.

### **Contact us**

If you have any questions or concerns about the cryocuff, please contact the orthopaedic physiotherapy team on 020 7188 5432 (Monday to Friday, 8.30am to 6.30pm).

### **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](mailto:pals@gstt.nhs.uk)

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

### **Language 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](mailto: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](http://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](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)