



Instructions for use of the “KOOLPAK” hot and cold packs

Cold Pack

- Keep in the freeze
- The pack is made from a gel, so even when it is frozen it can still be conformed around a limb.
- A thin towel should be placed around the pack before it is applied to the animal’s skin.
- The pack should be held in place for 7-10 minutes (10 minutes maximum). Careful monitoring of the skin is needed during this time to prevent ice burning / frostbite (signs of this are the skin appearing white and clammy).
- Cold packs are only used in the acute stage of healing / injury, for 1-3 days after surgery, and they act to reduce swelling and inflammation. There are used 3-4 times daily.

Hot Pack

- Heat packs can be heated in the microwave, but if they will last longer if they are heated in a bowl of hot water.
- A thin towel should be placed around the pack before it is applied to the skin.
- Heat packs are only used when there is no longer inflammation and swelling (ie after the “acute phase”), usually from day 4 after surgery. This is because use of a heat pack during the acute phase would increase the inflammation. If you are unsure as to whether inflammation is still present, it is best to get your vet to check the wound before using a heat pack.
- Heat packs are applied for 15-20 minutes, and they are applied 3-4 times daily.

For further advice of information, please ring 07944 105501 or contact us via mail@wm-referrals.com