

# Hot/Cold-Compression Patient Info



## Overview

The Hot/Cold-Compression System is the only thermal flow therapy available for craniofacial patients. By providing the maximum benefits of ice and heat during your recovery, Hot/cold-compression helps to reduce swelling and pain, prevent muscle spasms, and preserve skin elasticity for improved soft tissue healing.

Hot/cold-compression therapy is a simple system that is standard in orthopedic care. Hot/cold-compression works by compressing the tissue while continuously maintaining an optimal temperature to minimize your pain and swelling. Traditionally, patients resort to bags of ice or frozen peas that cannot sustain a therapeutic temperature and have to be taken on and off every 30 minutes to prevent tissue damage.

For maximum relief, your Hot/cold-Compression therapy begins shortly after your surgery. You will be fitted in the recovery room or doctor's office with the simple head wrap and pads. You can wear the system continuously and

## Hot/Cold-Compression Benefits:

- Reduces swelling
- Alleviates muscle spasms
- Stabilizes injured tissues
- Soothes and reduces pain for 4-6 hours
- Lasts 15 times longer than ice
- Augments pain relievers
- Easy heat relief with heat
- Safer. Smarter. More convenient than ice and heat packs. .



will take the Hot/cold-Compression System with you. For two days after surgery, continuous cold therapy will most effectively reduce your pain and swelling. From the third day, you can alternate between hot and cold for continued pain relief, reduced swelling, and relaxed muscles.

## Recommended Protocols:

### Cold-Compression Protocol - Pain and Swelling

- Fill the cooler with ice and add water just above the inlet
- Or rotate two frozen one-liter water bottles instead of ice
- Velcro the headwrap into place around your chin
- Plug-in the cooler and turn the knob to run the unit
- Wear continuously or as directed by your doctor

- For best results, keep the cool at or above head level.
- Pads should feel neutral on the face after a half-hour, if it still feels cold, turn the pump down and loosen headwrap.

### Hot-Cold Compression Protocol

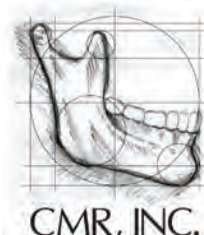
- Begin no sooner than 3 days after surgery
- Follow the cold-compression protocol for 30 minutes
- Replace ice water with hot tap water
- Repeat, alternating between hot and cold every 30 minutes.

## Process:

- Your doctor prescribes the Hot/Cold-Compression System
- Doctor staff or CMR will review insurance benefits with you
- You receive the system to begin treatment
- CMR works with you and your doctor to optimize your therapy.

\*The Hot/Cold-Compression System is a medical device and should only be used under the guidance of a doctor or therapist. Please see the User Manual for device warnings and information. As with any joint therapy, patient outcomes may vary.

CALL US WITH QUESTIONS  
ABOUT THE HOT/COLD  
COMPRESSION SYSTEM



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