

## Department of Ophthalmology

# How to apply an ice pack following eye surgery

Following your eyelid surgery it is important that you use the ice packs as advised by your surgeon.

**This information explains the intended benefits of this treatment and how to apply it safely.**

Before using this treatment you should inform the surgeon if you have any of the following conditions as the therapy may not be suitable for you.

- Heart condition for example: Angina
- Heart disease
- Peripheral Vascular Disease
- Scar tissue
- High temperature
- Insensitivity to cold
- Cold sensitivity (rash/itching)
- Skin conditions such as: Dermatitis, eczema, and broken skin
- Poor circulation
- History of cancer or tumour

## Benefits of ice packs

- Reduce bleeding into the tissues
- Prevent or reduce swelling



## Patient Information

- Reduce pain by numbing the area and limiting the effects of the swelling
- Reduce muscle spasm
- Decrease bleeding

### How to make ice packs

Ice packs can be made using ice cubes in a plastic bag wrapped in a damp tea towel. A packet of frozen peas is also ideal. Purpose made packs can be bought from pharmacies.

Take care when using ice and cold-packs from a deep freeze. These are very cold and can cause ice burns if used without care and proper protection.

### How to apply the ice pack safely:

Do not put ice / frozen peas /or cold packs directly on to the skin

#### When using ice cubes:

Place the ice cubes in a plastic bag and add a few drops of water so the ice cubes can move. Then wrap the plastic bag in a damp tea towel. Place over the wound for 10 to 15 minutes as is tolerable.

#### When using frozen peas:

Remove the peas from the freezer 15 minutes before you intend to start the treatment, this is to avoid frost bite. Then wrap the pack in a damp tea towel and place over the wound for 10 to 15 minutes or whatever duration is comfortably tolerable. **But no longer than 15 minutes**

### Apply the ice pack to RIGHT Side / LEFT Side

#### USE for ----- HOURS----- DAYS

Times to apply the ice packs	8 AM	10 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM
As advised by Surgeon								

## Patient Information

If you have any questions or concerns about your Ice pack treatment please contact the ward /unit you were discharged from via the hospital switch board.

Telephone: 024 7696 4000

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6494 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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