



# How to safely use your CryoCuff

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After your operation, you may be fitted with a cold compression device called a **CryoCuff**. This device is designed to provide cold therapy and compression, so as to reduce pain and swelling thus accelerating rehabilitation. It is much more effective than ice and if it is used correctly, it will reduce the amount of painkillers you will need.

This is a guide on using. It will also be demonstrated to you in the hospital by the physiotherapists. It is important you take the cuff and cooler home with you when you leave hospital.



## Prepare the cooler

Connect the blue tube to the Cooler. Half fill the cooler with Ice. Add cold water to 3-4 inches below the top. Put the insulation disc on top of the water. Close lid tightly. Shake cooler to mix contents.



## Put on the EMPTY cuff

The nozzle should point to your hip and your knee should be straight. Put your finger at the top of your kneecap and this is where the top of the hole at the front of the cuff should be.



### **Fasten velcro straps**

The above knee strap can be pulled firmly, but the below knee straps **must be loose** or your calf will swell.





## Fill Cuff

Push blue tube into cuff until it clicks. **Open air vent on cooler lid.** Raise cooler above cuff and hold till cuff full, about 30 seconds. **Close air vent on cooler.** Disconnect blue tube by pressing metal tab on cuff nozzle.



The water in the cuff will usually warm up after about half an hour. The water should be changed in the cuff when it is warm by following these steps.

### **Empty/re-fill cuff**

Re-connect the blue tube to the Cuff. Open the air vent on the cooler. Lower the cooler below the cuff and the warm water will drain from the cuff into the cooler. Shake the cooler for 10 seconds to mix the warm and ice/cold water. Then raise the cooler and repeat the filling process (step 4). If you cannot hear any ice rattling when you shake the cooler, you should add more ice (ice will last about 12 hours).



## Length of use

First 7 days after surgery - continuous (including when sleeping) except when walking or doing rehabilitation exercises.  
Days 8-14 - use when resting especially after exercises and when home from work.  
Days 15-30 - use in evenings and after exercises/gym and after physiotherapy.  
Beyond a month - Use as and when required.



## Cautions:

Check your skin under the cuff regularly.  
Always put the cuff on empty.  
Do not over tighten the strap below your knee or your calf will swell.  
If you have any concerns about the CryoCuff, ask your physiotherapist or ring the ward.  
If you feel discomfort or tingling in your leg, take the cuff off.  
Do not share your cuff with others as it is for single patient use only.