

Important Information from Dr. Bemenderfer about

Ice Therapy & Cold Compression Therapy

What are the Benefits of Ice Therapy and Cold Compression Therapy?

The use of postoperative cryotherapy for pain relief and decreasing swelling has been shown to be a safe and effective way to help patients recover following surgery with less pain, less discomfort, and decreased need for narcotic pain medicine. Many patients comment on the decreased postoperative pain that ice therapy allows.

In addition, cold compression therapy seems to help with the healing process, decreasing swelling and improving mobility. I feel that it is an excellent option for my patients that are recovering from foot and ankle surgery. I would therefore offer this service to my patients. Patients report improved recovery, decreased pain and swelling, and easy use with Breg Polar Care Kodiak or Wave Cold Therapy or similar cold compression devices. This aspect of the care is additive and is not mandatory. Some patients may choose to use their own cold packs or ice therapy. These alternatives are likely less effective but can be less costly. I will leave this up to individual patients to choose what is right for them.

How Often and for How Long Should I Use Cold Therapies? The use of cold compression units for major joint surgery should be used as much as possible the first 2 weeks post-surgery. This should be used when the when awake and alert 1 hour on and 30 minutes off alternating time in and out of the cold compression unit. The time out of the machine should be reserved for postoperative exercises and other day-to-day activities.

Thank you for choosing to have surgery at South Bend Orthopaedics. If there are any questions regarding the use or benefits of these devices, please feel free to reach out to us.

574-247-9441

Or

574-247-5111