

# Handy hints for using MediChill

## Maternity Hospitals

Use IP22 chilled and inside a pad cover (or sanitary pad) to provide drug free pain relief for perineum inflammation. Ideal for breast engorgement relief, soreness and bruising after breast screen procedure

**TIP** To aid cleanliness store MediChill in a plastic bag when freezing or for larger quantities use the **MEDICHILL Storage Bag**

**TIP** MediChill recommends the fabric side of the sheet for skin contact, the plastic side is a lot colder.

MediChill warmed or heated gives soothing relief of stomach aches, sore backs, stiff necks and is ideal for arthritis sufferers

MediChill can be cut small enough to wrap around fingers & toes

## Heat Exhaustion

After replacing lost fluids, cool body down using the **MEDICHILL ICE BANDAGES**. Use ice pads in armpits and around neck area for up to 20mins to aid cooling and refer to qualified professional. **CHILDREN produce more heat per kilo of body weight than adults and sweat less, resulting in greater susceptibility to heat stress**

**TIP** Should a cell on a MediChill sheet get punctured or the cells deflate over time **NO NEED TO DISPOSE OF SHEET**. If punctured simply wash out the cell and continue to use, if cell deflated simply re-hydrate

## Medicine Transportation

**MEDICHILL** is ideal for the storage and transportation of temperature sensitive medications, because it can be cut and wrapped, stays frozen for long periods and remains dry when thawing

## Bee & Wasp Stings

To remove the barb brush sideways with fingernail. Immediately apply **MEDICHILL** for up to 10 mins. Re-apply at frequent intervals or when pain relief is required

To avoid excessive heat loss, MediChill can be placed on top of head inside a cap

## Sunburn & Minor Burns

Apply a chilled **MEDICHILL** sheet to give soothing relief. For large areas of sunburn such as on the back, shoulders and stomach the large **MEDICHILL ICE BANDAGE** is ideal

For neck or shoulder pain, slit an Ice Bandage between cells so centre section is behind the neck and the side sections flap over the shoulders. Secure with **MEDICHILL Cohesive Bandage** wrapped under arms & over shoulders

**TIP** Frozen MediChill should be applied for no longer than 20 mins per treatment. People with sensitive skin should use the **MEDICHILL Ice Pad Covers**. **People with poor circulation should not use any ice products**

MediChill Ice Bandage is large enough for adult Quadricep, Hamstring & Cork injuries

**TIP** After hydrating MediChill sheets, allow for excess water to dry or be absorbed before chilling or freezing. Hot water hydrates the cells faster than cold. A cell is fully hydrated when firm to touch

Awkward joints like knees & ankles pose no problem for MediChill because of the flexibility when chilled as well as frozen

## RICER Management of Soft Tissue Injuries

**R**  
**I**  
**C**  
**E**  
**R**

**REST** - Cease activity

**ICE** - Apply **MEDICHILL** for up to 20 mins. per treatment

**COMPRESSION** - Secure with **MEDICHILL Cohesive Bandage**

**ELEVATION** - Raise injured area above level of heart where possible

**REFERRAL** - Refer to qualified professional