

OBSTETRICS

ANTENATAL

To alleviate some of the discomfort of stress on the musculoskeletal system that affects many throughout their pregnancy. Can also relieve discomfort from sciatica.

Apply ice pads, directly over area, wrapped in a pad cover, to soothe painful or tender areas such as:

Symphysis Pubis
Lumbar Back
Sacral Iliac Joints
Lower abdomen
Wrist pains from carpal tunnel syndrome

Use the ice pads **chilled, frozen or warmed** to soothe sore muscles in any area of the body. Avoid placing over the fundus.

DURING LABOUR

In early or long labour, to help and soothe some of the painful discomfort of lower back pain, especially if posterior position of the foetus.

Apply ice pads, warmed and wrapped in a cover, placed over the tender area. If patient is mobile, can be secured with a cohesive bandage or tucked into the waist band of their clothing.

BREAST FEEDING

Prior to Feeds:

- For Relaxing Muscular Tension and Reduction of Anxiety

Apply a warm pad to the shoulders before a feed to help relax the muscular tension in this area; this can also help relieve anxiety.

- Breast Engorgement

Apply a chilled ice pad over the breast if there is discomfort or pain due to engorgement.

- For a Blocked Milk Duct

Apply warm compress before feeds to aid flow of milk

Apply cold compress in between feeds for comfort

- For Mastitis

Apply warm compresses before the feed to aid milk flow and ensure good drainage.

If the affected breast has not softened after the feed, *apply warm compress* and express to soften the hardened area and ensure the breast is drained well.

POST PARTUM

Ice pads can be applied to alleviate muscular aches and pains, *apply chilled or frozen ice pad wrapped in a cover and placed over the area to be treated.*

MediChill ice pads can be effective in reducing perineal swelling and bruising giving considerable relief of pain. They have been proven to reduce the amount of oral analgesia needed during the first 24 to 48 hours post partum. Following a normal, forceps or caesarean section delivery, MediChill assists in achieving a comfortable early ambulation:

Apply Ice pads

- Wrapped in a Medichill disposable ice pad cover, chilled or frozen directly to the area
- By inserting the ice pad into a MediChill pad cover

- By making a slit and inserting into patients own maternity napkin

THEATRE AND RECOVERY

MediChill ice pads can be used frozen for testing the efficacy of epidural analgesia.

Prior to cannulation:

- Use a warm medichill ice pad to warm cold hands – wrapped in a cloth or disposable cover

Post cannulation:

- Use MediChill cohesive bandage to secure IV cannula and tubing into position.

Apply immediately after surgery to reduce pain and swelling using the specific sized chilled or frozen ice pad.

- Wrap in a disposable cover or gauze and apply directly over the area.

Immediate use in recovery is very beneficial for:

- dental surgery,
- jaw surgery,
- Small plastic surgical procedures to eyes and facial areas.

To secure IV and other tubing into position use the MediChill Cohesive Bandage – tear to desirable length and wrap around area, self adheres so quick and easy to use.

To secure oximeter probes on/around fingers – tear off small amount and wrap around the finger.

FOR USE ON THE WARDS

Following minor or major surgical procedures the Ice Pads can be used directly from the fridge, chilled or from the freezer frozen and wrapped in a cover.

MediChill Ice Pads and Ice Bandages come in a range of sizes suitable for use on any area of the body.

IP22

- for dental patients
- jaw therapy or surgery
- following small surgical procedures particularly Breast biopsies
- Inguinal hernias
- Laparoscopic procedures

IP32

- For dental patients
- Jaw therapy or surgery
- External rectal surgery
- Hand or arm surgery

IP 4

- Haemorrhoidectomy
- Facial surgery
- Large wounds

IP42

- Breast surgery
- Breast feeding – cut out centre

IP43

- Arm or leg surgery
- Back surgery
- Large abdominal wounds
- Neck surgery

IB01

- Hip surgery
- Knee surgery
- Upper abdominal area
- Awkward joints
- Upper torso
- Upper or lower back
- Whole body wrap for pyrexia.

The Ice Pads are very versatile and can be used warmed:

1. place in the microwave for only 10 seconds at a time,
NOTE: This is a guide only, times are subject to variance in microwaves and volume of MediChill being heated. Always test prior to application.
2. Leave for 2 – 3 minutes before testing
3. Wrap in a cover before placing over the body.

Alternatively place in a bowl of warm water to heat through, leave for 10 – 15 minutes.

MediChill gel packs to apply heat and cold to all areas of the body.

Prior to use:

1. Heat by immersing in hot to near boiling water for approximately 10 – 15 minutes.
2. Use from the freezer wrapped in a cover.

MediChill cohesive bandages can be used to secure the Ice Pads or Gel Packs in position or can be used as a compression and support bandage on any area of the body.

BREAST ASSESSMENT CENTRES

Procedures such as fine needle biopsy, core biopsy or mammotone can cause pain and bruising, [apply a chilled or frozen ice pad](#) to the area for short periods of time, no longer than twenty minutes at a time. Reapply again if discomfort persists.

ORTHOPAEDICS

The IB01 Ice Pad and Large Gel Pack used frozen can reduce pain and swelling following reconstructive surgery to large joints, aiding pain relief. Can be placed over dressings and bandages to soothe and cool large areas.

Can be used following:

- Arthroscopies to knees and ankles
- Repair of Anterior cruciate Ligament
- Subacromial decompression
- Total Knee Replacement
- Total Hip Replacement
- Skin tears or haemorrhage
- For swelling

TO AID MOBILISATION OF STIFF JOINTS USE ice pads as hot packs or gel packs to relief discomfort of joint or muscle pain

PHYSIOTHERAPY

Applied to assist in muscle rehabilitation the ice pads can be used heated. Apply frozen or chilled with a compression bandage to relieve pain and swelling to soft tissue trauma.

ACCIDENT AND EMERGENCY

The Ice Pads are a very economical and useful aid as they can be applied, to any area of the body, to reduce bleeding, bruising and swelling. Can be self applied by patients while waiting for medical attention, giving relief prior to seeing the health care professional.

The MediChill Ice Pads are a very effective and easy treatment for busy departments.

PEADIATRICS

The Ice Pads are an effective pacifier for children of all ages. The Ice pads numb areas prior to minor procedures. They are completely safe for children to apply themselves. The cohesive bandage can be used to secure ice pads or tubing, children love the colour. They are quick and easy to apply.

FACIAL, OPTHALMICS AND COSMETIC SURGERY

The Ice pads can be cut to small sizes to be used to reduce pain and swelling after surgery. Place ice pad in a cover and secure with a MediChill Cohesive Bandage.

RADIOLOGY

Can be used following:

- Interventional Radiology
- Breast Imaging/Mammography

Or after specific radiological procedures such as

- Fine needle aspirations
- Core biopsies
- Cannulation

Apply wrapped ice pads [chilled or frozen](#) to the area for short periods of time, no longer than twenty minutes at a time. Reapply again if discomfort persists.