

# Icing Options

Ice can be used to help with pain and swelling during an arthritis “flare-up” or after joint replacement surgery. Be careful using ice if you have less feeling in your skin. When you use ice (for example, a gel-pack or a bag of frozen peas), always place a cloth or towel between your skin and the ice to protect your skin.

## Cryotherapy unit or ice/gel-packs – which is better?

### Cryotherapy:

- Pumps cold water through a pad that is strapped to the painful swollen area
- Stays cool longer without having to get up to replace the ice/gel pack
- Different body-part specific pads can be ordered separately for unit (for example, knee pad, shoulder pad)
- Expensive (some extended medical plans pay for part of it)
- Sometimes available for purchase through your surgeon’s office



### Ice pack (or gel pack or bag of frozen peas):

- Inexpensive and easy to get (pharmacy or grocery store)
- Need to have at least two packs so that one can be cooling while the other is in use
- Don’t eat frozen peas once they have been thawed and refrozen!



**The following is not a comprehensive list of options; these products may also be available from other suppliers.**

### Breg Kodiak Cold Therapy

- Around \$350
- Where you can get it:
  - fax order form to Procure Medical (fax: 1-844-237-6414)
  - phone Procure Medical Customer Service (1-866-544-0993)
  - rent through MacDonald’s Prescriptions
    - for \$65/month, pad must be purchased for \$99
    - 746 W. Broadway, Vancouver: 604-872-2662



## Ossur ColdRush Cold Therapy System

- Around \$345
- Where you can get it:
  - Kintec Footlabs
    - various locations; Vancouver store located 1201 W. Broadway: 604-736-FEET
  - Ossur Motion
    - #105-11331 Coppersmith Way, Richmond: 604-241-8152
  - May also be available to pick up at Ossur clinic in North Van. or Abbotsford



## Don Joy Iceman Cryotherapy Unit

- Around \$300
- Where you can get it:
  - SportMed
    - various locations; Vancouver store located at 1861 W. Broadway: 604-736-6537
  - Kintec Footlabs
    - various locations; Vancouver store located 1201 W. Broadway: 604-736-FEET



## Cryo/Cuff IC Cooler by Aircast (DJO Global)

- Does not have a motor to pump water into the cuff (like the cryotherapy options listed above)
- Around \$270-330 to purchase, \$50–100/month to rent (pricing and rental options vary)
- Available at:
  - Harvest Drive Pharmacy (#100 – 4515 Harvest Drive, Delta: 604-946-5220)
  - HME Mobility (#130 – 4011 Viking Way, Richmond: 604-821-0075)
  - McCue's Drugs (#100 – 8120 Cook Road, Richmond: 604-278-9601)
  - Richmond Hospital Pre-Surgical Screening Clinic (for Richmond patients)
  - Regency Medical Supplies (4437 Canada Way, Burnaby: 604-434-1383)
  - Regency Prescriptions (#100 – 6091 Gilbert Road, Richmond: 604-273-5544)
  - SportMed (various locations: Vancouver, Burnaby, Langley, Port Coquitlam)

