
icing an injury icing an injury question

Posted by Krista Scott-Dixon - 2008/05/13 18:51

Hi, this is slightly tangential, but... I just had some minor surgery on my toe. I am to ice it a lot today. Unfortunately it is completely numb and will be for another 3-4 hours (which may be a good thing :) so I can't tell what's going on down there, sensationwise. I don't want to get frostbite. So how long at a time can I ice an injury (to the ball of my big toe) and how long do I need to let it stay off the ice before I can put it back on? Thanks, Lee

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Posted by Kevin Haggerty - 2008/05/13 18:51

Krista

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several times over the course of a day. Also, don't bring ice in direct contact with skin; wrap it in a tea towel or something. What the hell is a tea towel??? LOL!! You know, those little towels you use in the kitchen for drying dishes. Krista

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Posted by Kevin Haggerty - 2008/05/13 18:51

Kevin Haggerty wrote in message <78331j\$93...@mozo.cc.purdue.edu... Krista Scott-Dixon <krustNOS...@interlog.com wrote in message 15 minutes is about as long as you should ice, but of course you can do this several times over the course of a day. Also, don't bring ice in direct contact with skin; wrap it in a tea towel or something. What the hell is a tea towel??? LOL!! You know, those little towels you use in the kitchen for drying dishes. Well, who the hell decided to call those things a tea towel? I call them those things that hang on the oven onto which I wipe all sorts of crap, thereby pissing my mom off. :)

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Posted by Julien Gauthier - 2008/05/13 18:51

LOL!! You know, those little towels you use in the kitchen for drying dishes. Well, who the hell decided to call those things a tea towel? I call them those things that hang on the oven onto which I wipe all sorts of crap, thereby pissing my mom off. Whatever, a towel will do if you like. Just make sure to soak it before wrapping it around the ice. Julien

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