



How Do I Make an Ice Pack?

What do I need to buy before the procedure?

- 4 disposable exam gloves
- 70% rubbing alcohol
- Clean wash cloth

How do I make the ice pack?

Before surgery you will need to prepare 4 gloves as directed below so they are available when you return home from surgery.

1. Mix 1/3 cup of 70% rubbing alcohol with 2/3 cup water.
2. Pour mixture in a disposable glove and tie the opening off using a tight knot.
The gloves can be stored in the freezer between uses without solidifying.

How do I use the ice pack?

- Use the ice pack the first 48 hours after surgery.
- Place on the operated site to help control swelling and discomfort.
- Rotate 20 minutes on, then 10 minutes off.
- The ice packs are very cold so place a damp cloth between your skin and the ice pack.
- Although not necessary, you can use them at night.

Who should I call if I have questions?

- Monday - Friday, 9:00 a.m. - 5:00 p.m. call the clinic where you were seen.
- After hours and on weekends, call Hospital Paging at: (734) 936-6267 and ask for the ENT Doctor on call.

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