

# IceMan® Clear Cube Cold Therapy Unit

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## How do I use the machine?

1. Add ice or frozen water bottles inside the device to the fill line.
2. Add cold water to the fill line.
3. “Click” the hoses together snugly.
4. To turn the device on, plug cord into the input on the back of the lid and then into a wall outlet.

Check your skin under the pad each time you replenish the ice.

## How do I wear the cold pad after my dressing is removed?

- When changing the dressing and reapplying the cold pad, be sure there is a layer of material (such as a towel or Ace wrap) between the skin and the pad to lessen the chance of frostbite.
- Do not place the pad directly on your skin.

## How often should I use the machine?

- Use the IceMan machine as much as possible in the first 72 hours. You can use the machine even while you are sleeping. This will help to minimize pain and swelling in the affected area.
- You will naturally take some short breaks during trips to the bathroom or if you get chilled.
- After the first 72 hours and up to 3 weeks, you can choose to use the IceMan for 30-60 minute treatments, 4 times per day. After three weeks, you can choose to use the IceMan as needed.

## Who can I call if I have a question?

**Donjoy Representative:**

Curtis Gemmel: (517) 230-1124

**DJO Global Customer Service:**

(800) 336 – 6569

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