

Cold Therapy Units

Postoperative application of ice is recommended following joint surgery. Cold therapy is a proven method of reducing joint pain and swelling, thus reducing the amount of pain medication required. This can be done in a variety of ways, including the use of specifically designed shoulder or knee cold therapy units, which maintain circulating cold water around the joint.

The cost of a joint-specific cold therapy unit is not covered by Manitoba Health. Part or all of the cost may, however, be covered by private insurance, depending on the plan, and this can be determined by contacting the insurer. A cold therapy unit can be rented or purchased at various outlets.

Units for purchase range from about \$250 to \$325.

Rentals range from about \$125 to \$175 per month (including single patient use cuff).

Nonspecific and cheaper forms of cold therapy are of course an option.

Rotating cold packs from the freezer are the simplest of all.

While the cold therapy units are not mandatory, they can be helpful.

If you decide to use a joint-specific cold therapy unit:

- Reserve a cold therapy unit from the provider a week before your surgery date.
- Pick up the cold therapy unit 1 to 2 days before your day of surgery.
- Bring the unit to the hospital when you come for your surgery. It will be then applied in the recovery room.
- Be sure to have plenty of ice for the unit ready at home for discharge.

Brandon businesses that offer cold therapy units for rental or purchase include:

Home Health Care Pharmacy

A-300 Victoria Avenue, Brandon
204-727-2483

Rolling Spokes (purchase only)

215-6th Street, Brandon
204-571-1260

Innovative Medical Supplies

First Street Plaza (Brandon Clinic), First St. and McTavish Ave, Brandon
204-727-0300 (1-800-323-8634)

Check with the pharmacy in your own town for cold therapy options.

You should use cold application on the operative joint as instructed consistently for the first 2 to 3 days after surgery, then several times a day for about 20 minutes for the next 5 to 7 days.

Please direct any questions related to the specific cold therapy units to the businesses that supply them.