

Section: Division of Nursing

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\* PROCEDURE \*  
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Index: 7030.014a/7425.015a  
Page: 1 of 3  
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Approval: \_\_\_\_\_  
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**HACKETTSTOWN REGIONAL MEDICAL HOSPITAL**

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**PACU/SAME DAY SURGERY**  
(Scope)

**TITLE: POST OPERATIVE CRYOTHERAPY (GEL PACKS)**

**PURPOSE:** To outline the process for using cryotherapy (gel packs) in Same Day Surgery post operative patients.

**SUPPORTIVE**

- DATA:**
1. Use as the initial treatment after surgery to prevent swelling and pain.
  2. May be used in place of ice bags for patients who will be discharged the same day.
  3. Needs MD Order

**EQUIPMENT**

- LIST:**
1. Ezy wrap foam body and elastic wraps for wrists, neck, scrotum, or shoulder.
  2. Gel bag(s) found in PACU freezer: wrists (2), neck (1), scrotum (1) and shoulder (2).

**CONTENT:**

**PROCEDURE/STEPS:**

1. Wash hands.
2. Assess affected area for pain, swelling, movement and color.
3. Choose appropriate Ezy wrap & gel bag(s).
4. Insert gel (bag(s) into Ezy wrap and place on affected site. Wrist, neck and shoulder attach with Velcro straps.
5. Monitor every 30 minutes for pain, burning and change in color at site.
6. Remove according to doctor's order.
7. Replace gel packs as needed. Used gel packs should be placed in ziploc bag, labeled with patient's name and return to freezer.
8. Upon discharge, Same Day Surgery nurse will obtain an extra set of gel bag(s) from PACU freezer. Patient will be discharged with 2 full sets of gel bag(s): one set of gel bags in Ezy wrap and other gel-Bag(s) for their freezer at home.

**KEY POINTS:**

Ice is a vasoconstrictor and it limits bleeding at site.

Cryotherapy should be used with caution in patients with circulation problems, are unconscious and those who are unable to respond or cannot feel cold.

## **DOCUMENTATION**

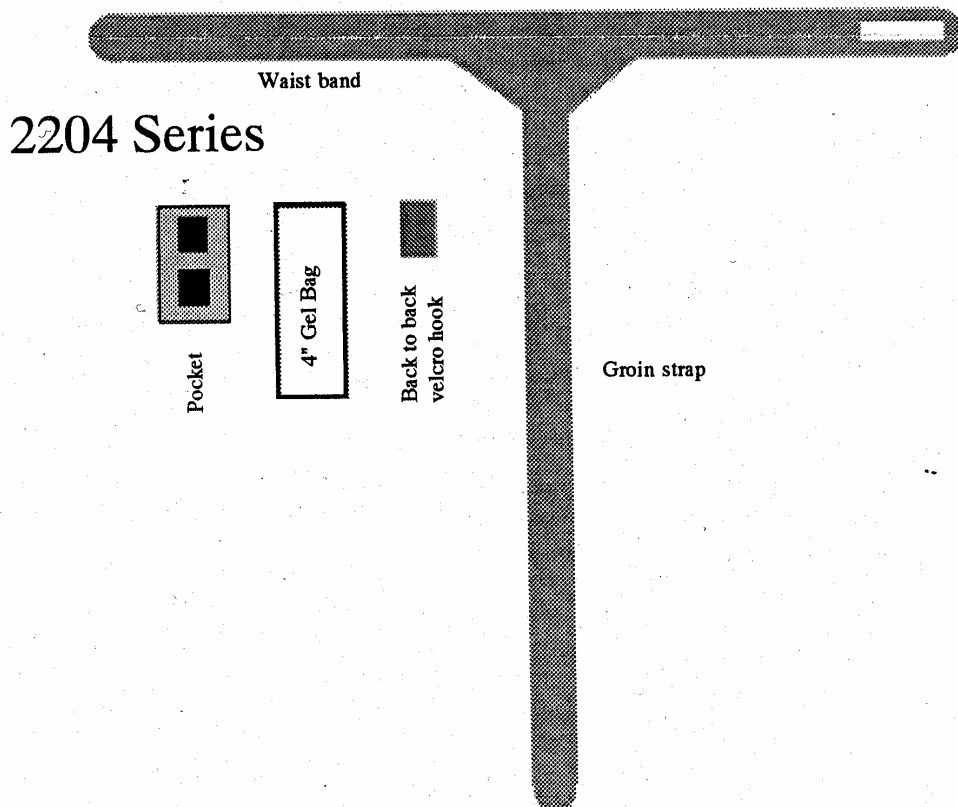
1. Document baseline assessments and condition of site with other post-operative assessments.
2. Document cryotherapy use on PACU record, SDS form and/or Neurovascular Flow Sheet.

## **REFERENCE**

Reference: Ezy wrap Cryotherapy Instructional Brochure, Professional Products, 2000  
Potter, Patricia and Griffin Perry, Anne. Fundamentals of Nursing. 6<sup>th</sup> Edition, Mosby, 2004 p 1625

# Post-Op Cold Therapy Scrotum Gel Wrap Application Sheet

- Secure wrap to waist with velcro tab aligning so that the groin strap is posterior.
- Fold 4" gel bag in half and insert into pocket.
- Position gel bag on area to be treated with left hand. Then bring forward groin strap between legs and simultaneously remove left hand. This procedure will hold the gel bag in its proper location.
- Attach groin strap to waist band with back-to-back hook. Trim excess as needed.



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