



The Johns Hopkins Hospital Patient Information

Revised/Reviewed
Surgery
Date 5/17/10
Dept. of
Orthopaedics

IceMan Cooler

What is an Iceman?

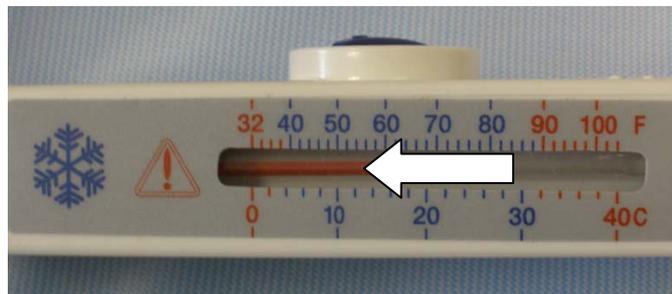


- The Iceman is a device designed to keep your shoulder cold after surgery in order to decrease pain and swelling. Because the cold device will decrease your pain, it will also decrease your need for pain medication. This helps avoid issues some people often have with pain medications, such as nausea, constipation, and urinary retention (inability to urinate).
- It is first very important to read the instructions that come with the Iceman. The instructions in this document are also located on the top of the cooler lid.
- If you have problems with the cold device you can call the company with the phone number located on the top of the machine (1-800-336-6569) or the physician's office at 410-583-2850, during normal office hours.

During my hospital stay...



1. While in the hospital, use the IceMan unit as much as possible. Try to keep the temperature of the unit at or near 45 degrees. The temperature is displayed by a red line on the thermostat which is located on the blue connecting tubing, that extends outward from the cooler. To adjust the temperature turn the blue dial towards the snowflake to decrease the IceMan temperature.



2. You are allowed to disconnect yourself from your Iceman for a brief period of time to use the bathroom or walk around the room or the hospital floor. If you have an IV line or are taking pain medication **DO NOT GET OUT OF BED WITHOUT ASSISTANCE.**

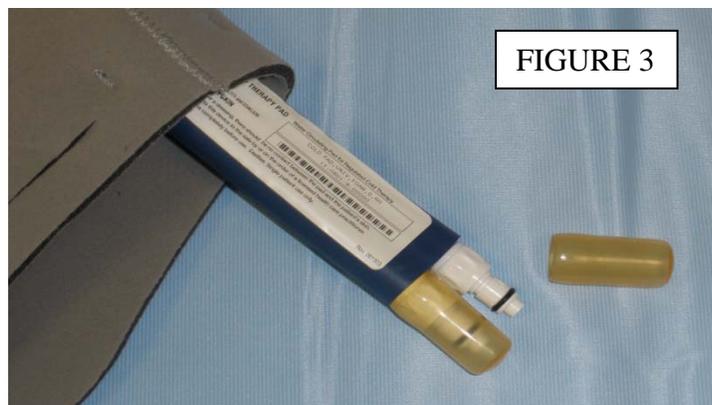
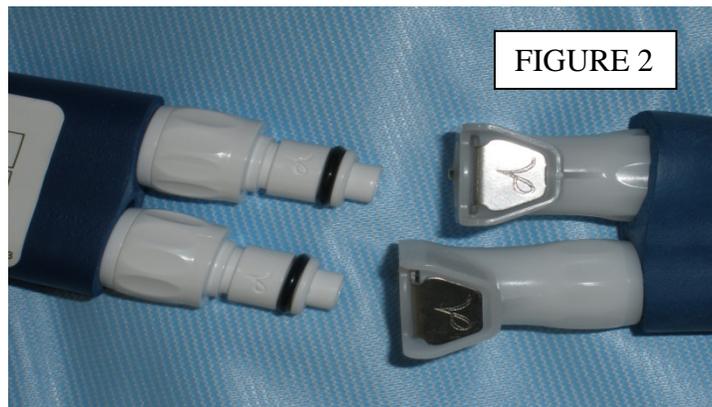
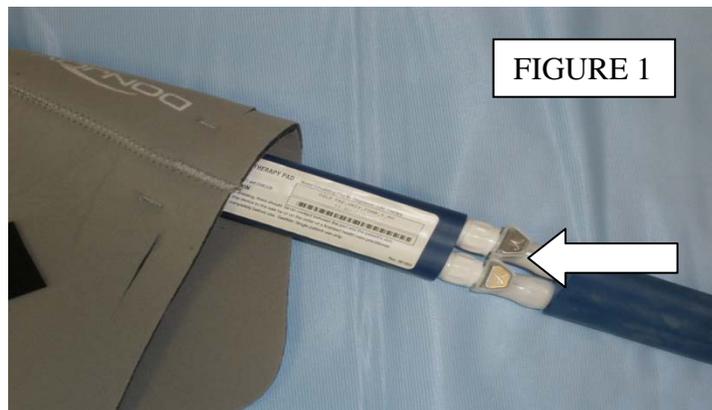


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- To disconnect the ice pad from the machine, you must first locate the connection between the tubing of the ice pad and where it connects to the tubing from the cooler (figure 1). To release the ice pad from the cooler, press the two silver discs located on the blue tubing connector (figure 2). Make sure your cooler is unplugged from the wall before disconnecting yourself to prevent the spilling of water. Cap the connector ends with the 2 provided clear caps once you have disconnected the two tubings (figure 3).





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4. When reconnecting the tubing from your ice pad to the tubing from the cooler, be sure you hear a “click” when snapping the two ends of the tubing together. This means that the connection between the two tubes is secure, and this will reduce the chance that water will leak from the system.
5. Once the ice has melted in the cooler, dump out the water. Fill the cooler with ice up to the blue line printed inside the cooler. Next fill with cold water. Then turn the unit back on and be sure to check the thermostat to ensure the cooler temperature remains at 45°F. Use the blue dial to adjust as needed.



Going Home with an iceman...

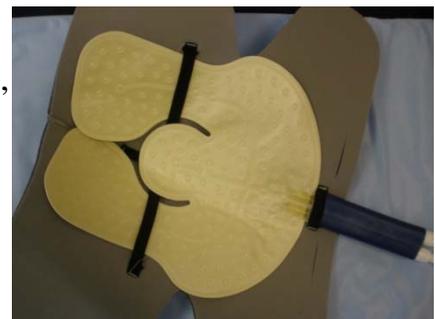


It is recommended that you use your IceMan as much as possible for the first week following your surgery, including at night. If you cannot tolerate 45 degrees while sleeping you may want to increase the temperature to 50 degrees during this time. If you cannot tolerate the temperature of the iceman at all, then try to use icepacks of any type to keep the shoulder cold. If using icepacks, it is recommended that you use them for 30 minutes as often as every 2 hours as needed for pain relief. Ice packs should also not be placed directly on the skin as described below. If you cannot tolerate the cold temperature by either method, it is ok to stop icing, but your pain may be a slightly increased.



When doing your daily dressing change, be sure the cold pad is not directly on your skin as this could result in frostbite and skin damage. There should always be some layer of protection between your skin and the cold pad. This layer should not be so thick that you do not feel the cold from the iceman touching your skin.

A shirt or washcloth is usually acceptable. The pad should be placed with the “bubble” side towards your skin. If you are wearing a brace after surgery, the cold pad goes inside the brace, not on top.





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It is a good idea to have an excess of ice, as you will have to refill your cooler approximately every 6 hours. Have a family member buy a few large bags of ice to keep in your freezer or try freezing water in larger size Tupperware containers, as these ice blocks tend to stay frozen longer in your cooler.

What happens Next...

At your first office appointment after your surgery the physician or provider will tell you how often to use the ice device. The amount you will need to use it after this visit will depend upon your pain level and your examination by the doctor or provider.

Problems...

If you have any problems with the machine or tubing, please call the company at the number on the device (1-800-336-6569). If you are unable to reach the company or have other problems with the device please call the office during normal office hours at 410-583-2850. If you cannot get the device to work and still need to ice the shoulder please use icepacks as described above until you have a chance to speak with someone.