



Homemade Cold Pack

What you need:

- 2 one gallon plastic Ziplock freezer bags
- 2 cups water
- 1 cup rubbing alcohol

Instructions:

1. Fill the Ziplock gallon freezer bag with 1 cup of rubbing alcohol and 2 cups of water.
2. Try to get as much air out of the freezer bag before sealing it shut.
3. Place the bag and its contents inside a second freezer bag to contain any leakage.
4. Leave the bag in the freezer for at least an hour.
5. When it's ready, place a towel between the gel pack and bare skin to avoid skin irritation.

An alternative filler is simply to use dish soap, which has a gel-like consistency and will also freeze/retain the cold.

Use:

20 minutes on; 1 hour off x5 times daily

*Do not apply directly to skin. Place damp cloth between skin and ice pack OR place cold pack in pillow case.