

Reduce Swelling, Reduce Cross Infection

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PURPOSE:

Cryotherapy is the most often used means of decreasing both edema and discomfort. However, it is a shared item. And often times, in view of large demand, inadequacy.

We present here an alternative cryotherapy solution for our patients, maintaining quality as well as eliminating any possibility of cross infection while concurrently being cost effective



Figure 1: Cryo/Cuff sample, and another in use.

MATERIALS & METHODS:

A pack of 14 ziplock bags costs 5.90MYR from our local commercial store. The bag is filled with a cup of cold water along with 2 cups of ice cubes to maintain coldness. It is then applied to the affected area after padded with a small towel, and maintained in place with an elastic bandage. Each patient gets a personal bag which is used pre and postoperatively.



Figure 2: Application of an ice water-filled ziplock bag.

RESULTS:

Effectiveness in both pain and swelling reduction is theoretically similar with the use of our simple concoction as compared to the Cryo/Cuff device. However it was evident that each patient now received timely cryotherapy as the ziplock bags were readily available. There was also no doubt a devoid of cross infection as there was no sharing of bags.

DISCUSSIONS:

Post traumatic pain and swelling may lead to delay in surgery and/or poor wound healing. As with postoperative pain and swelling, which may lead to inhibition of movements and ultimately a delay in rehabilitation.

Whitelaw et al. describes a multicentre randomized study undertaken to determine whether the cryo/cuff or the ice and elastic bandage offers the greatest convenience and relief of pain, showed that there were no significant differences between either group in the amount of pain reported, only effectiveness and convenience of the cryo/cuff⁽¹⁾.

CONCLUSION:

Our alternative cryotherapy solution aims to be cost-effective while maintaining practicality, in conjunction with reducing the possibility for an incidence of cross infection between patients.

REFERENCES:

1. Whitelaw GP1; et al: The use of the Cryo/Cuff versus ice and elastic wrap in the postoperative care of knee arthroscopy patients.