

Protocol for Icing Face and Eyes Following Surgery

Before Surgery:

Before surgery prepare three plastic bags - "clear pint size plastic bags with easy closure and three packages of frozen peas. Empty a box of frozen peas into each plastic bag. Press peas into a flat layer in each bag and put into freezer on a flat surface, one on top of another.

After Surgery:

After surgery follow physician's orders about icing. Remove a bag from the freezer. Fold sterile gauze around bag. Lay flat on a heavy washcloth folded in half. Press package, sterile gauze side, against your face. Hold washcloth at each side so hands avoid cold surface.

When frozen peas defrost, take top frozen bag of peas from freezer and place used package under remaining frozen packages of peas in freezer. Repeat arrangement of new bag of peas with handkerchief and washcloth.

Lumps of frozen peas can be broken up in plastic bag and moved to conform to eyes and cheeks in a comfortable fashion. With this system a fresh frozen bag of peas is always available and easy to use. Icing reduces swelling and bruising.