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### **Instructions for Ice Packs**

- 1. Take 6 cups water and 2 cups of rubbing alcohol and place in a gallon freezer storage bag.**
- 2. Seal the bag and place in another bag. Remove all the air before sealing the second bag over the first.**
- 3. Place in freezer.**

### **CAUTIONS:**

**Remove ice pack if you feel a burning sensation on your skin. You can get frostbite from icing too long. Do not ice for more than 20 minutes at a sitting.**

**Ice \_\_\_\_\_ times per day. Do not place anything thicker than a pillowcase between your skin and the ice pack.**