

# Footcare, P.A.

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## **CONTRAST BATH (SOAK)**

For the first 48 hours following surgery or an injury, the use of ice on the involved part is recommended. However, after the initial 48 hours, we have found that the alternate use of ice and heat is extremely beneficial in reducing residual swelling and soreness. This alternation between ice and heat is termed a contrast bath or soak. We recommend the following technique for the contrast soak:

- 1. Get two (2) pans or buckets; fill one with ice water and the second with warm water. (you can also use one pan/bucket and your bathtub.)**
- 2. Submerge involved part in the ice water for 1 minute.**
- 3. Then, submerge involved part in the warm water for 4 minutes.**
- 4. Return to the ice for 1 minute and then back to the warm water for 4 minutes.**
- 5. Continue this alternation for 15 minutes twice daily, if possible. Begin treatment with ice water and end treatment with warm water.**

If you can only do it once a day, we suggest doing it after work or after you've been on your feet for most of the day, and do it for 30-40 minutes.

**IF ANY PROBLEMS SHOULD DEVELOP OR IF YOU SHOULD HAVE ANY QUESTIONS FEEL FREE TO CONTACT OUR OFFICE AT THE NUMBER ABOVE.**