



# Using Your Cryo/Cuff

You have been given a **cryo/cuff** to help reduce **swelling and inflammation** in your knee. Here are some helpful hints about how to use it while you recover after your surgery.

## Preparing the Cooler

Before filling your cryo/cuff, prepare your cryo/cuff cooler:

1. Fill the cooler  $\frac{1}{3}$  with water.
2. Fill the rest of the cooler with ice.
3. Screw on the lid securely.

## How to Fill and Pressurize Your Cryo/Cuff

1. Attach the tubing from the cooler to the snap-in valve on the cuff.
2. Have a washcloth ready to absorb any leaks at the tubing connection.
3. Open the air vent on the top of the cooler.
4. Raise the cooler 15 inches above your knee to fill the cuff.
5. Leave the raised cooler in place on a stand or table for 15 minutes.
6. Close the vent.
7. Disconnect the tube at the cuff.
8. Leave the **filled** cuff on your knee for 45 minutes.

## Draining and Chilling Your Cryo/Cuff

1. Reconnect the tube to the cuff.
2. Open the air vent
3. Then, lower the cooler below knee level to drain completely.
4. Shake the cooler for about 1 minute. This mixes the water with the ice so that it re-chills.
5. Repeat the filling and pressurizing steps above.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Sports Medicine Clinic:  
206-543-1552

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## Be Sure To:

- Repeat this process **every hour** while you are awake until you leave the hospital and for 1 to 2 weeks after your surgery.
- Refill the ice in the cooler every 4 to 6 hours.
- Call the Sports Medicine Clinic if your cuff gets punctured, leaks, or does not hold pressure.
- Open the cuff for 1 hour 2 times a day to allow your incision to breathe.

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