

# Knee Cryo/Cuff™ IC Patient Information

Patient: \_\_\_\_\_

Doctor: \_\_\_\_\_

## What is the Cryo/Cuff IC?

The Aircast Cryo/Cuff IC (Intermittent Compression) is an integrated approach to cold therapy that combines cold and focal compression to better manage pain and reduce swelling. Intermittent cold and focal compression are delivered using a motorized delivery system.

## How is the Cryo/Cuff IC used?

### STEP 1 - Before applying the Cryo/Cuff, prepare the cooler (Figure 1)

1. Connect the blue tube to cooler.
2. Add cold water to line inside cooler.
3. Fill with ice.
4. Lay insulation disk on top of ice. Attach cooler lid snugly.
5. Allow five minutes with occasional shaking to chill water.

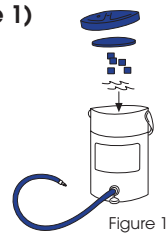


Figure 1.

### STEP 2 - Always apply EMPTY Knee Cryo/Cuff (Figure 2)

- Use only Aircast CryoCuffs and ArcticFlow Cuffs with Aircast Cryo/Cuff IC Unit.
- Secure Knee Cryo/Cuff top strap snugly. Apply bottom strap loosely. Adjust front strap.
- Carefully and completely read instructions supplied with the specific Cryo/Cuff prior to application. Please follow the instructions below to continue cooler preparation.

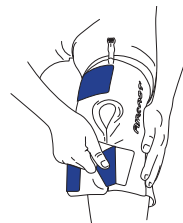


Figure 2.

### STEP 3 - Fill and pressurize Cryo/Cuff (Figure 3)

- **To fill cuff**-connect blue tube to Cryo/Cuff. Raise cooler no more than 15" (38 cm) above the cuff for approximately 30 seconds while Cryo/Cuff fills.
- **To correctly position cooler**-place cooler on stable surface. The cooler base should be even with the Cryo/Cuff - **NOTE: To AVOID excessive pressure during use, DO NOT raise the cooler higher than 15" (38 cm) above the Cryo/Cuff.**
- **To turn cooler on**-plug power supply into wall outlet and connect cord to lid.

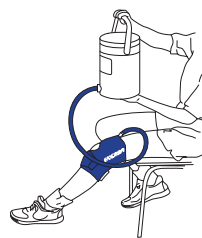


Figure 3.

### ⚠ CAUTION

- **DO NOT** use an elastic wrap with the Cryo/Cuff IC.
- Dressings used under the Cryo/Cuff should be applied lightly.
- When filling the Cryo/Cuff IC, **DO NOT** raise the cooler higher than 15" (38 cm) above the Cryo/Cuff avoid excessive pressure.
- Reduce pressure with any sense of discomfort, numbness or tingling of the limb.
- **EMPTY** the Cryo/Cuff after each use, and prior to refilling.
- Patient skin condition checks must occur every 1-2 hours on a routine basis.

### To re-fill cooler:

When ice has melted, unplug the cooler.

**IMPORTANT: EMPTY** the Cryo/Cuff **COMPLETELY** while still attached to the cooler.

When Cryo/Cuff is empty then empty the cooler. Repeat steps 1-5 in **STEP 1** to prepare the cooler for refilling.

### To clean cooler:

Use mild detergent to clean cooler and lid. **DO NOT** submerge lid under water.

### To troubleshoot:

1. Make sure unit has ice and water filled to the line indicated inside the cooler.
2. Check power connections at wall and at the unit.
3. Make sure to fill Cryo/Cuff prior to operating unit as instructions indicate.
4. Check Cryo/Cuff connection; make sure to listen for a click when connecting the hose to the Cryo/Cuff.
5. Make sure unit and Cryo/Cuff are level for optimal performance.
6. This device may be susceptible to magnetic or electromagnetic interference. If this occurs, relocate or reposition the device.
7. Increase the separation between the equipment.
8. Plug the power supply into an outlet on a circuit different than other devices.
9. If unit motor is still not functioning-unit can be used as a gravity fed device (see Figure 3) for positioning.



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