

Patient Education

Sports Medicine Clinic/4 South Special Procedures Unit



Using Your Cryo/Cuff

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

Steps to Fill and Pressurize Your Cryo/Cuff

1. Attach the cooler tubing to the blue cuff at the click in valve.
2. Have a washcloth ready under the connection to absorb slight leakage.
3. Open the air vent on the top of the container and raise the cooler 15 inches above your knee to fill the cuff.
4. Leave the raised cooler in place on a stand or table for 15 minutes.
5. Close the vent, disconnect the tube at the cuff, and leave the *filled* cuff on your knee for 45 minutes.

Draining and Chilling Your Cryo/Cuff

1. Reconnect the tube to the cuff, raise the valve and then lower the cooler below knee level to drain completely.
2. Shake the cooler for about one minute. This action mixes the water with the ice and ensures good re-chilling. Repeat the filling and pressurizing steps above.

Be Sure to:

- Repeat this process every hour while you are awake until discharge and for 1-2 weeks after your surgery.
- Replenish the ice in the cooler every four to six hours.
- Call the Sports Medicine Clinic if your cuff gets punctured, leaks, or does not maintain pressure.
- Open the cuff to air for one hour two times a day to allow your incision to breathe.



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Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Sports Medicine 206-543-1552