

Heat

Why is it good for you?

Because it can:

- Relax your muscles and make you feel relaxed.
- Temporarily decrease pain.
- Decrease stiffness (*especially in the morning*).
- Make exercise less painful (*use it before or after you exercise*).

Suggestions for using heat:

- Use a Magic Bag on stiff, sore joint(s).
- Take a warm bath or shower.
- Use a sleeping bag, electric blanket or flannel sheets.

Caution!

- **Never** apply for more than 20 minutes at a time.
- Use mild heat, just above skin temperature.
- **Do not use** both heat and liniment or ointment at the same time, as this may lead to a burn.

Cold

Why is it good for you?

Because it can:

- Numb your joint(s) and give you temporary pain relief (*use it when you have a hot, inflamed joint*).
- Decrease acute swelling of a joint.

Suggestions for using cold:

- Use ice or cold packs (*i.e. purchased gel packs*).
- Use a bag of frozen vegetables (*a bag of peas or corn is light weight and fits easily around the joint*).

Caution!

- Never leave a cold pack on a joint for more than 10-20 minutes at a time. After 10-20 minutes, remove and wait an additional 10-20 minutes before reapplying. You may do this for a few hours.
- Use a thin cloth between the skin and cold pack/vegetables.
- Be sure to dry the skin after treatment.

NOTE:

- Tylenol can be given for pain if needed. The dose of Tylenol suggested on the bottle should be given.
- If pain continues for more than 4 days, please call the Rheumatology Clinic at: 777-4766
- If you are on an anti-inflammatory medication (*i.e. Naprosyn, Indocid or Motrin*) **do not** take Ibuprofen for pain. Use Tylenol.

If you have any questions, please consult
Your Family Doctor.

If following by Rheumatology @ Janeway Contact:
Dr. Dancey's Office @ 777-4766 or
Rheumatology Nurse at the Janeway
Child Health Center at (709) 777-2219.