

# Back/Hip/Rib Cryo/Cuff Gravity Patient Information

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

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

## What is the Cryo/Cuff Gravity?

The Aircast Cryo/Cuff Gravity combines cold and focal compression to better manage pain and reduce swelling. Continuous cold and focal compression are delivered using a simple, gravity-fed delivery system.

## How is the Cryo/Cuff Gravity used?

### STEP 1 - Prepare cooler (Figure 1)

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



### STEP 2 - Always apply EMPTY Back/Hip/Rib Cryo/Cuff (Figure 2) (The first time, have another person help)

- Use only Aircast Cryo/Cuffs or ArcticFlow Cuffs with Aircast Cryo/Cuff Gravity Unit.
- Center Back/Hip/Rib Cryo/Cuff over the injured area. Aircast logo should be facing out and upright. Secure strap.
- Carefully and completely read instructions supplied with the specific Back/Hip/Rib Cryo/Cuff prior to application. Please follow the instructions below to continue cooler preparation.



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

- Connect blue tube to Cryo/Cuff.
- Open cooler air vent.
- Raise cooler above the Cryo/Cuff until the cuff is full – **NOTE: To AVOID excessive pressure during use, DO NOT raise the cooler higher than 15" (38 cm) above the Cryo/Cuff.**
- Close cooler air vent.
- Cooler can be disconnected by pressing quick-disconnect.



### To re-fill cooler:

Rechill Cryo/Cuff as needed.

**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:

The cooler can be cleaned with disinfectant wipes. The tube assembly can be cleaned with common mild detergent and must be completely submerged and hand dried.

### To troubleshoot:

1. Make sure unit has ice and water filled to the line indicated inside the cooler.
2. Make sure to fill cooler and Cryo/Cuff as instructions indicate.
3. Check Cryo/Cuff connection; make sure to listen for a click when connecting the hose to the Cryo/Cuff.
4. Make sure the Cryo/Cuff is completely EMPTY before refilling.

### ⚠ CAUTION

- **DO NOT** use an elastic wrap with the Cryo/Cuff Gravity.
- Dressing used under the Cryo/Cuff should be applied lightly.
- 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.



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**FOR PRODUCT SUPPORT CALL  
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