



DIY Cold Pack!

Supplies Needed:

- Rubbing Alcohol
- Water
- Ziploc Freezer Bag

Instructions:

- Mix 1 part rubbing alcohol to 3 parts water and pour into a Ziploc Freezer Bag.
- For extra security against leakage, you can also double bag your ice packs by putting the Ziploc bag inside a second Ziploc bag, with the zippered side facing down toward the bottom.
- Store in Freezer until needed
- Use as needed for 10-15 minutes to apply cold therapy as directed by your rehabilitation therapist.
- When in use, make sure to wrap a tea towel around it so it does not make your pet's skin too cold!
- Place back in Freezer until next use!

