

What are hot packs?

Hot packs help reduce pain and relax muscles after an injury, stretching or exercise (therapy). Hot packs are most often used 48 hours to one week after the injury occurred. Cold and ice are used for the first week.

How can I make a hot pack?

Hot packs and heating pads can be bought at most pharmacies. You also can make your own.

Hot pack

1. Wet a washcloth and ring out.
2. Warm in the microwave for 30 seconds. **Be careful when taking the wash cloth out of the microwave. It will be hot.**
3. Wrap it in towels to put on the body where there is pain. Use more towels if your child will be lying on the hot pack. There is more pressure and weight on the pack when lying on it. More towels will absorb extra heat.



Warm rice pack

1. Put 2 to 4 cups of rice in a tube sock. Tie a knot in the open end of the sock.
2. Warm in the microwave 30 to 45 seconds. **Be careful when taking the sock out of the microwave. It will be hot.**
3. Put warm rice pack on body. If it is too warm, put a towel between skin and rice pack.



How are hot packs used?

1. Always have a towel or clothes layer between the hot pack and skin. If moist hot pack used. 6 to 8 towel layers needed.
2. Check your child's skin after 5 minutes for redness. If red, stop or add towels.
3. Add towel layers if too hot.
4. Leave on for 15 to 20 minutes.

Do not let your child sleep with the hot pack. If left on too long, the hot pack may burn the skin.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.