

Cool tips for managing flares



Cold water

- Cold-water immersion therapy - take short/quick cold-water baths. Good idea to add pinch of Epsom salts to the bath for transdermal magnesium intake.
- Cold/cool shower/s several times a day, especially in hot weather.
- Spritz/spray cold water over affected parts. Plastic spray bottles can be purchased quite cheaply. Keep them filled and in fridge. Leave the wet areas to evaporate rather than dry (moisture retains cold by 70%).
- Take a cool bath with affected extremities protected by plastic bags if skin has broken down/ulcerated.
- Go for a dip in an unheated swimming pool or the sea.
- Stand in the rain or under a hosepipe or sprinkler.
- Do the above with warm water. Climatisation can work better for some sufferers (see what works best for you!)

Cloths, clothing and footwear

- Wrap the flaring parts in a cotton sheet/cloth soaked or heavily dampened in cold water (wring out well) and then position yourself under a cold air fan - blast it on full. Sweat evaporation process is hindered by moisture - retaining the cold by 70%
- Bare feet or flip-flops, even in winter.
- Walking barefoot on tiled floors.
- Sandals like Crocs
- Cotton moccasins
- Refrigerated flip-flops.
- Frozen rice socks
- Wear loose clothing made of natural fabric
- Wear as little as possible at home e.g. short silky/thin soft cotton jersey dressing gown.
- Use silk/soft cotton jersey clothing, sheets and pillowcases.
- Shoestring strappy cotton T-shirts, loose sweat pants/joggers
- Stay as cold as possible - e.g. remove bed covers, socks, shoes etc.

Environment

- Assorted fans - electric and battery - mini, handheld, tower fans, bed fans etc.
- Air-conditioning / portable air-conditioning unit (if possible).
- Try to stay in cool environment- below 20 °C (around 60°f)
- Take a drive in the car with A/C on.
- Keep windows open (if possible)
- Stand in front of freezer - door open
- Avoid central heating units - many create humidity.

Other

- Magi cool, bio freeze or other freeze sprays NB: Sometimes moisture can exacerbate flares - these are dry cooling sprays.
- Numbing gels like Lidocaine
- Cooling gels like Aloe Vera
- Keep creams in the fridge.
- Refrigerated wheat bags / gel packs.
- Wrap chilled wine bottle coolers around limbs.
- Use frozen rice socks
- Ice packs (remember to protect your skin from ice burns - purchase a cryocup).
- Cooling mask/gel eye masks for reducing facial flares.
- Holding your hands around a soda can (even better chilled).
- Visualisation practice, thinking of cold things, cold places and cool feet.
- Drink cold drinks/sip iced water

Ice cream

- Go to the freezer , open it and take a long time to get the ice cream out. Hold the tub in your hands for a while then eat your fill, taking as long as you can for maximum cooling. If there is any ice cream left (really?) take your time loading it back into the freezer ☺

Lifestyle

- Take cool showers with feet out of the water - use a shower stool
- Avoid spicy foods
- Sleep on a chillow pad/under fan

- Rest as much as possible
- Elevate affected area if possible (does not help everyone)
- Try to minimise triggers - heat, stress, fatigue, pressure, exertion
- Other potential triggers - stimulants such as alcohol, caffeine, and extreme cold.

Cold therapy products

Cold gloves/mittens

http://www.motorcycleseatgelpads.com/products/Elasto_Gel_Hot_&_Cold_Therapy-Mitten-24871.html

Cold mittens

http://www.amazon.com/Microwave-Non-scented-Kozy-Mittens-Collar/dp/B00H62DZWK/ref=redir_mobile_desktop?ie=UTF8&refRID=1E6MWBZJW67Y01THMVQ2&ref_=pd_aw_sim_121_1

Socks

http://www.amazon.com/NatraCure-Therapy-Socks-Small-Medium/dp/B003L4WOKG/ref=sr_1_fkmr2_1?ie=UTF8&qid=1428972830&sr=8-1-fkmr2&keywords=Nature+urge+cold+therapy+socks

Sandals - cold water soles

<http://www.ebay.co.uk/itm/Aqua-Soles-Water-Filled-Sandals-for-Hot-Cold-Therapy-One-Size-Fits-All-/160961425523>

Cooling shoe inserts

<http://www.instantarches.com/cool-soles>

Cold booties

<http://www.footsmart.com/p-natracure-mens-womens-hot-cold-therapy-booties-pair-31050.aspx>

Chill slippers

http://www.amazon.com/Microwave-Non-scented-Kozy-Slippers-Collar/dp/B00H5ZDZM8/ref=pd_sim_121_1?ie=UTF8&refRID=05679R7MGMNW60KVTSD&dpID=51KH-IPqGSL&dpSrc=sims&preST=_AC_UL160_SR160%2C160

Bandanas - different colours. Great for facial/scalp flares.

http://www.amazon.co.uk/dp/B005H58TKG/ref=sr_1_3?s=kitchen&ie=UTF8&qid=1439677006&sr=1-3&keywords=cooling+towels

Towels - Chill it

http://www.amazon.co.uk/Chill-Its-6602-Evaporative-Cooling-Towel/dp/B00L2LTYDK/ref=sr_1_2?s=kitchen&ie=UTF8&qid=1439677134&sr=1-2&keywords=cooling+towels

Instant cooling towel (Chill Skinz handbag/pocket size)

http://www.amazon.co.uk/Chill-Skinz-Pink-Large/dp/B008C29OQE/ref=pd_sim_sbs_60_10?ie=UTF8&refRID=OPM9YPGKRBFEY1TNJ9A9

Ice towel- stays cool for couple of hours

http://www.amazon.co.uk/Dzine-Stay-Cool-Ice-Towel/dp/B00UXED5NC/ref=pd_sim_sbs_60_7?ie=UTF8&refRID=19GT2ZXS1ETP8AGN7HDD

Cryocup - icing those flares with care

http://www.amazon.co.uk/Hot-Cold-TherapyCryoCup/dp/B001L8HLKW/ref=sr_1_7?s=kitchen&ie=UTF8&qid=1439677418&sr=1-7&keywords=cold+therapy

Ice bags

http://www.amazon.co.uk/gp/product/B00GXDUCRY?keywords=ice%20bag&qid=1439678352&ref_=sr_1_4&sr=8-4

Facial and eye cooling masques

http://www.amazon.co.uk/cold-reusable-facial-eyes-masks/dp/B00BGFTT32/ref=sr_1_14?s=kitchen&ie=UTF8&qid=1439677487&sr=1-14&keywords=cold+therapy

Chillow pillows/pads - Note some types need to be filled/topped up with water.

http://www.amazon.co.uk/s/ref=nb_sb_noss_2?url=search-alias%3Dkitchen&field-keywords=chillow

http://www.amazon.co.uk/Pillow--soft-odorless-water-filling/dp/B00D7TBHA8/ref=sr_1_1?s=kitchen&ie=UTF8&qid=1439676842&sr=1-1&keywords=chillow

Laptop cooling mats

<http://www.amazon.com/Portable-Folding-Notebook-Cooling-Adjustable/dp/B00EP48NMY>

Cold therapy units- therapeutic ice pad (costs around \$145)

<http://www.dme-direct.com/donjoy-iceman-cold-therapy-unit>

Cold therapy ice machine unit

<http://alexcpaul.com/2011/08/26/nulifemed-nupulse-system-ice-machine/>

Ice shoes/flip flops

http://www.amazon.com/dp/B00AWDWOTK/ref=cm_sw_r_awd_3DqEub04ZXPV3

Cooling towels

<http://www.froggtoggs.com/cooling/the-chilly-pad.html>

Cooling limb wraps - leg/arms

<http://www.nulifemedical.com/store/pc/Chattanooga-Colpac-Standard-Size-11-x-14-Reusable-Cold-Therapy-179p1858.htm>

Cooling neck/shoulder wrap

<http://www.nulifemedical.com/store/pc/Chattanooga-Colpac-Neck-23-Long-Reusable-Cold-Therapy-p1861.htm>

Brookstone bed fan (cool air blown under sheets)

http://m.brookstone.com/bed-fan-with-wireless-remote?bkiid=SubCategory_Home_Cooling_Appliances_Fans|SubCategoryWidget|782019p&catId=L3_Fans|L2_CoolingAppliance|L1_Home

Bed fan with remote (cool air blows under sheets)

http://www.amazon.com/gp/product/B00L3EY29C?ref=cm_sw_r_awd_9klawbJDG35PD

Portable air-conditioning unit

http://www.amazon.com/gp/product/B00JKJ1SN0/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00JKJ1SN0&inkCode=as2&tag=i0c33b-20&linkId=4CMYE5JLEH6MWUMZ

Stockists

NatraCure, Icyfeet and Chillow are the major stockists of cold therapy products. We have found Amazon.com and Ebay to be the cheapest sources - but take a look around for offers.

PS: Let us know what products and other stockists you find ☺

Word of warning

Please take due care with soaking and icing as prolonged use may cause complications, such as nerve damage and ulcerations. Watch out when using electrical appliances around ice/ water.

See our resources for further tips on managing those flares