



# Homemade Ice Packs

2 Parts Water  
1 Part Rubbing Alcohol

Pour into a one gallon size zip lock bag.  
Place inside another bag.  
Place in the freezer.

This should make ice slush. If it is too watery add a little more water to firm it up.

Place on affected area. Make sure to have one layer of material between the skin and the ice pack (i.e. Pillowcase or T-shirt).

Ice area for 10-20 minutes at a time as needed.

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