



CARO REGION

CONTRAST BATHS

Prepare two pails of water to a depth that will cover the area to be treated.

Fill one pail with warm water: 100° to 110°F (38° to 43°C).

Fill second pail with cold water: 55° to 65°F (13° to 18°C).

Immerse the body part into the warm water for 5 minutes.

Immerse the body part into the cold water for 1 minute.

Immerse the body part again into the warm water for 4 minutes.

Immerse the body part again into the cold water for 1 minute.

Continue to decrease the time spent in the warm water by 1 minute until the time spent in both cold and warm is 1 minute.

Finish with cold water.

Temperature is selected based on the patient's condition. Extremes of temperature above 105°F or under 65°F should be avoided if peripheral circulatory problems are involved.