



Have you seen your friends use an ice machine after having hip or knee replacement surgery? They probably really liked it and have recommended it to you. Dr. Loucks is now offering the [NICE Recovery System](#) to his patients!

**What is it?** The [NICE Recovery System](#) utilizes iceless cold therapy technology proven to reduce post-surgical pain, inflammation & swelling, promote healthy blood flow and encourages faster tissue recovery. The device works by circulating cooled water and air through a therapy wrap that is placed on the hip or knee. Air inflates the therapy wrap causing it to compress around the affected joint. It is typically used for 14-28 days following surgery.



**How does it work?** Traditional ice packs work great, but the [NICE](#) iceless cooling & compression system is programmed to provide ideal therapy after hip or knee surgery. There are no cumbersome dripping ice packs, constant refills or inconsistent temperatures. [NICE](#) is lightweight (9 lbs.), requires just 1 cup of tap water and has an easy-to-use touchscreen that helps you maintain optimal cold temperature (between 42°F - 58°F) and compression of Low (20 mmHg), Medium (35 mmHg) or High (50 mmHg) while you recover comfortably in your easy chair.

**How much does it cost?** The rental cost of the entire unit including the wrap and carrying case is \$323 for two weeks. Our practice has no financial stake in the [NICE Recovery System](#). Dr. Loucks and his team recommend it solely due to its clinical benefits and ease of use.

**How do you get one?** John Carson is our representative for the [NICE System](#) who can explain the system in more detail and coordinate delivery and training for you and your family. Patients find it helpful to be set up a few days prior to surgery so if you decide to use a [NICE Recovery System](#), please contact John ASAP. Last-minute requests can be accommodated as well but planning ahead is ideal.



**Contact John Carson, your [NICE Recovery Representative](#) at**

**303-668-3453 or [JohnC@Shop-Recovery.com](mailto:JohnC@Shop-Recovery.com)**