

Hot, Cold, Hot Therapy



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The purpose of Hot, Cold, Hot Therapy is open the blood vessels, close the blood vessels, then open the blood vessels, allowing a rush of blood to flush out toxins in the muscles.

- Microwave a moist hand towel for 1-2 minutes on high, or until towel is very hot.
- Touch towel with hand to make sure it is not too hot to apply to face.
- Apply hand towel to neck, jaw and face area for 3 minutes (using a timer is helpful.)

- Next, apply cold to the same area for 3 minutes.
ThermoSafe U-tek Gel, -23°C Temperature works well.

The -1°C version is too hard.

Wrap Gel Pack in a paper towel.

A bag of frozen peas can also be used wrapped in paper towel.



- Reheat towel in microwave on high for 30 second intervals until hot again and apply to face, jaw and neck area for 3 minutes.
- You can repeat the above steps as often as you desire.



A nice alternative is to use the RecoveryTherm Cube by Therabody. Can be ordered on Amazon.



Use contrast mode, simultaneously long press both the cold and hot buttons. The treatment will run for 20 minutes, spending five minutes in cold treatment and five minutes in hot treatment, and repeating once.