

# Soothe Perineal Discomfort.

Alora Perineal Ice Pads for Instant Pain Relief and Faster Recovery Postpartum or After Haemorrhoid Surgery.



Recovering from childbirth or haemorrhoid surgery can be painful and uncomfortable. Alora Instant Perineal Ice Pads (Alora Peri-Pad) offer a highly effective, non-invasive solution for targeted pain relief, helping to alleviate perineal discomfort and speed up recovery.

## Why Perineal Ice Pads are effective

- ✓ **Instant Pain Relief:** Cold therapy numbs the affected area, offering immediate relief from pain and discomfort.
- ✓ **Reduces Inflammation and Swelling:** Ice pads help manage swelling and inflammation post-surgery, speeding up recovery and lowering the risk of complications.
- ✓ **Hygienic and Convenient:** Absorbent materials keep the area clean and dry, reducing irritation and promoting hygiene during recovery.
- ✓ **Gentle on the Skin:** Soft, breathable layers ensure comfort while preventing irritation, making them ideal for sensitive skin.
- ✓ **Minimises Bleeding:** Cooling effects slow blood flow, helping to reduce bleeding and control post-surgical discharge.

**Disclaimer:** For external use only. Discontinue use if irritation occurs and consult a healthcare professional. This product is not a substitute for medical advice or treatment. Always consult a healthcare provider and use under their guidance.

**Source:**

1. Rigi, Shahindokht & Abedian, Zahra & Steen, Mary. (2009). Effectiveness of cooling gel pads and ice packs on perineal pain. 10.12968/bjom.2009.17.11.45030.
2. Derya K. Senol, Ph.D., RN, 1 Ergul Aslan, RN. The Effects of Cold Application to the Perineum on Pain Relief After Vaginal Birth. Asian nursing research 11(2017).

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