A “cool” novel use for a diaper

Stumbled onto a novel use for a diaper, courtesy of the nursery nurses at Doylestown Hospital.

Diapers make a perfect ice pack. At the end of the diaper which has adhesive tabs, make a hole in the inner lining. Push your hand into the diaper to separate the the lining from the back of the diaper. This will make a pouch. Put crushed ice into the pouch and roll the end of the diaper with the hole a couple times. Secure with adhesive tabs. Now you have a soft, waterproof ice pack which will remain cool as the ice melts and is absorbed by the gelatinous diaper innards.

Perfect for all sorts of boo-boos.

When I told one of my patient’s mom about this hint today, she told me that she used a number 5 diaper when her water broke. I suppose Plato was right: necessity is the mother of invention.

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