The timings for the hot and cold advice are as follows;
Wrap a hot water bottle with a damp tea towel and a cold pack with a damp tea towel

3 Minutes Hot

1 Minute Cold

Swap 3 times

Always finish with a Cold.

COLD PACK ADVICE

Wrap the cold pack with a damp tea towel

5 Minutes on

10 minutes off

Swap three times.