

SPRAINS OR MINOR FRACTURES

Sprains are painful injuries commonly involving the knees, ankles, wrists, and/or other joints.

Treatment

1. Treatment for sprains usually consists of immobilization with sling, splint, elastic bandage or cast, depending on the degree of injury.
2. Ice should be applied to involved area for the first 24-48 hours. After the initial period, warm, moist heat should be utilized.
3. The injured area should be elevated above the heart level for 48 to 72 hours.
4. Elastic bandages may become too tight or too loose. If the bandages are too tight, the fingers or toes may become swollen, pale, numb, or painful. If these symptoms occur, the bandage or splint should be removed and reapplied. Elastic bandages should be removed 4 or 5 times each day for 20 minutes and then reapplied.
5. Unless a stronger medication is prescribed by physician, aspirin or Tylenol may be administered for relief of pain.
6. If X-rays are done they will be reviewed by a Radiologist. If the Radiologist's interpretation of the x-rays indicates that any additional evaluations or treatments are needed you will be notified.
7. If in 5 days your injury is not considerably improved, contact your physician or health care provider.

General Instructions

1. Call physician's office and arrange for follow-up care as needed.
2. Follow pharmacy instructions for any prescription ordered by physician.
3. Allow for limited use of the injured area.

Contact your physician if you have any questions or problems.