

## MINOR TRAUMA INSTRUCTIONS

### Muscle Aches

The day after your accident, you may have more muscle stiffness and soreness. For this stiffness and soreness we recommend:

- Rest
- Soak in a bathtub for 30 minutes four times a day
- Apply warm, moist heat to the affected area
- Take prescribed medications as instructed

### Bruises

Bruised areas will be discolored for 10-14 days. The pain that accompanies bruises will last for 3 to 4 days. For bruises we recommend:

- Application of ice to bruised and swollen areas for the first 24 hours following the accident
- Rest
- Elevate the affected area
- Application of heat to the affected area after the initial 24 hour ice period is over

### X-Rays

The emergency department physician gave you a preliminary report of your x-ray findings, if any were taken. The x-rays will also be reviewed by a Radiologist. If there is a change in the interpretation, which changes the diagnosis or treatment, you will be notified.

### Additional Problems

If you develop any new problems such as blood in the urine, abdominal pain or bloating, fainting, cough, pain or difficulty breathing, you will need to be re-examined.

### Ankle Injury

**R – Rest** Avoid weight-bearing for 3-4 days.

**I – Ice** every few hours for no more than 20 minutes at a time.

**C – Compress**/Ace bandage, loose enough to avoid numbness

**E – Elevation** higher than your heart.

Contact your physician if you have any questions or problems.