



Care of bumps, bruises, sprains and strains

The routine care of many injuries includes Rest, Ice, Compression and Elevation (RICE).

- Rest is needed to allow your body to heal. Routine activities can usually be resumed when comfortable. Injured ligaments, tendons (cord-like structures that attach muscle to bone) and bones take approximately six weeks to heal.
- Ice following an injury helps keep the swelling down and reduces pain. Do not apply ice directly to skin. Apply ice bags (ice in a plastic bag or frozen peas with a towel around it to prevent frostbite to skin) about every 2 hours for 20 minutes, while awake, to the injured area for the first 24 hours to 48 hours.
- Compression can help to give support and reduce pain; however, it will not speed up healing. If you wish to apply a stretchy bandage then it should not be applied tightly. Remove at night.
- Elevation helps reduce swelling and decreases pain. Aim to elevate the affected limb above the heart area if able.

What to look out for

Persistent pain and inability to use the injured area for more than 2 to 3 days are warning signs. You should contact your GP if you are concerned.

A radiologist (a specialist in reading x-rays) will re-read your x-rays and you will be contacted if the radiologist spots anything else.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔