

STRAINS, DISLOCATIONS, CONTUSIONS

Cooling

It is important to cool the affected area with ice or a cold pack in the first 48 hours after suffering the injury with an interval of 3–4 hours, 20 minutes at a time. The easiest option is to use a pack of frozen vegetables – it can also be reused.

Please note!

Make sure to place a piece of cloth between the cold pack and the skin. Do not leave the cold pack in place for more than 20 minutes at a time! Longer use comes with a risk of tissue damage.

Rest

The first 24–48 hours are critical for treatment and movement should be restricted in this period. Increase the use of the injured limb gradually.

Please note!

It is permitted to move up to the point of experiencing pain!

Support

Use elastic tape. In the case of using elastic tape, each new layer should cover half of the width of the previous layer. The tape must be tight, but not tight enough to restrict normal circulation in the limbs.

Please note!

If your fingers/toes get cold or start tingling, the tape is too tight and must be adjusted.

Elevating

Elevate the injured limb – if possible, lift it above your heart. Place a pillow under the injured foot or hand at night.

Against pain

- Paracetamol tablets (follow the instructions on the package).
- Once the swelling has receded, use gels which contain Ketoprofen or other nonsteroidal anti-inflammatory preparations for topical alleviation of the pain (ask your physician or pharmacist for advice). Apply a thin layer of the gel on the damaged area (follow the instructions on the package).

Against swelling

Gels with heparin may be used immediately. Lightly massage 3–10 cm of gel on the skin three times a day. The treated skin must be intact. The gel also accelerates disappearance of haematomas (bruises).

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