



SOFT TISSUE INJURY

You have a soft tissue injury. This type of injury includes bruising, tenderness, strains of muscles and/or sprains of ligaments.

Here are some ways to help you heal faster. You can remember these by using the word **RICE**:



A time of rest or decreased activity may be suggested by the doctor

Ice

Applying ice or cold packs to the sore area with a cloth between the skin and ice. Apply for 15 minutes every 3 to 4 hours while awake for the first two days.

When you return to activity icing before and after may also be helpful. This helps to decrease pain, swelling and to speed healing.

Compression

The doctor may suggest the use of an elastic bandage (tensor). This helps to decrease swelling. It should be worn for the first two to three days following injury. It should **NOT** be worn to bed. Loosen it if your toes or fingers tingle or feel numb.

Elevation

Try to keep the injured area above your chest when sitting or lying. Doing this as much as possible for the first two to three days helps decrease swelling.

The following medication(s) will help decrease pain and/or swelling.

Follow-Up

Please see your family doctor if the injury is not getting better in _____ days.

OR,

Please call _____ to make an appointment in Dr. _____'s _____ clinic within _____ days.