



Howden Medical Clinic

Urgent Care/Family Practice/Cosmetics

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SPRAINED OR BRUISED LIMBS

- Elevate the injured part as much as possible to lessen the swelling.
- Use a pillow (s) to elevate the part higher than the rest of the body.
- Apply cold pack to the injured parts for 15 mins every hr for the first 24 hrs (use a damp cloth against the skin to prevent frost bite and apply a pack of crushed ice or frozen- this will help reduce the swelling).
- Wear your tensor bandage when moving about. Remove at bedtime.