

Further sources of information

NHS Choices:

www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202202-01-SS
Created: February 2022/ Review Date: February 2024

INFORMATION FOR PATIENTS

Sprains and strains

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

Sprains to ligaments are very common and we do not always x-ray this type of injury.

The injured area will be bruised and swollen and might stay painful for another two months, but it won't be as bad as it is now.

You should:

- ✓ Wear the supporting bandage we have given you in the day as advised.
- ✓ Take painkillers such as ibuprofen or paracetamol to relieve the pain.

Ibuprofen should be used with caution if you suffer from asthma or stomach ulcers. Always read guidance on usage when taking any medication.

- ✓ Use ice packs (frozen peas in a damp towel will do) to help reduce bruising and swelling.

Always wrap an ice pack in a towel and never put it directly on your skin.

Try this every two hours for the first few days for up to 10 minutes.

- ✓ Gently exercise your injured area to stop it becoming stiff.
- ✓ Go to your GP if the pain does not get any better and we have not arranged to see you again.
- ✓ Keep the injured area in an elevated position when possible.

You should not:

- x Wear the supporting bandage at night.
- x Wear the supporting bandage if it is too tight.

If you fingertips go blue, take it off at once.
- x Wear the supportive bandage or apply ice to the affected area if you have diabetes.
- x Take ibuprofen if you are pregnant.