



"Providing Quality Healthcare to All"

BEST MEDICAL CARE, PC

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PATIENT INFORMATION

SPRAINS

- Apply cold compresses to injured part within 36 hours.
Rest injured part (example, do not stand for long periods of time on injured feet, knees and legs.
- Apply warm soaks or compresses 3-4 times daily to injured part after 36 hours.
- Elevate injured part.
- Remove ace bandage at bedtime and when soaking injured area.
- Remove ace bandage if surrounding area becomes discolored or swollen.
- If pain with increased swelling persist for more than 3 days return to hospital