



Southport and
Ormskirk Hospital
NHS Trust

ADVICE FOR PARENTS

Sprains, Strains & Supportive Bandage

Paediatric A&E

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 and uncomfortable for another two months, but this won't be as bad as it is now.

YOU SHOULD

- ✓ Wear the supporting stocking if you have been given one. This will help your arm or leg to feel more comfortable.
- ✓ Take painkillers such as Ibuprofen and/or Paracetamol (both available from a chemist) to relieve the pain if you have any.
- ✓ Use ice-packs (frozen peas in a damp towel will do) to help reduce bruising and swelling. Use it for short periods of minutes only, with breaks in between.
- ✓ Elevate the affected limb.
- ✓ Gently exercise your injured area to stop it becoming stiff.
- ✓ Wash stocking in soapy water if it gets dirty.
- ✓ Take it off at night before bed and put it back on in the morning.

YOU SHOULD NOT:

- ✗ Wear the supporting stocking if it is too tight. If your fingers/ toes go blue, take it off at once.

- ✕ Wear the supporting stocking at night.

PLEASE REMEMBER:

It is very important that you take off the stocking when you go to bed. If you don't, it could twist and stop your blood from flowing properly.

YOU SHOULD REATTEND IF:

- You get pins and needles in your arm or leg.
- Your arm or leg goes numb.
- Your arm or leg gets very swollen.

A&E Telephone: 01695 656674

NHS 111

Please retain this leaflet for future reference

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

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Telephone (01695) 656680
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Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test*
on-line by going to: southportandormskirk.nhs.uk/FFT

Thank you

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