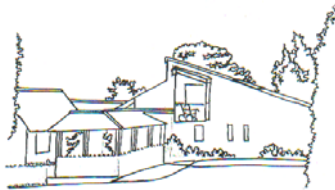


- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

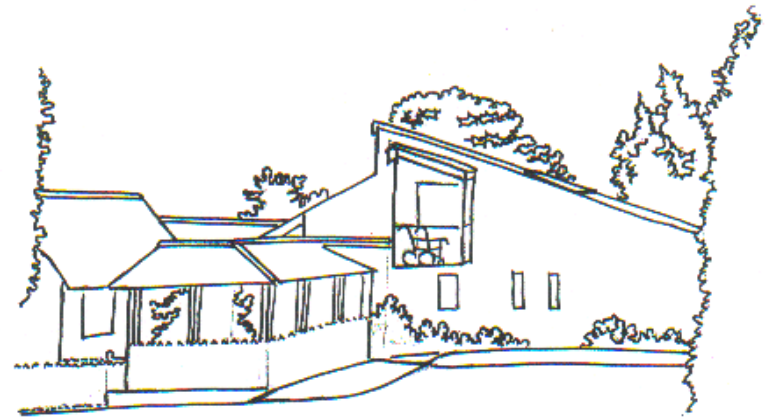


Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

**AFTER-CARE ADVICE ON
SPRAINS AND STRAINS
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS**



Tel: 01948 860205

Fax: 01948 860142



Sprains and Strains

A sprain to a ligament causes bruising and swelling to develop over the affected area. The ligaments are like tough ropes which hold the bones together. Pain and discomfort may persist for up to 2 months but not in such a severe form.

You may require a plaster cast for a few days or a Tubigrip compression/support stocking for some types of sprain.

To care for your injury, it would help to follow these guidelines:

- If you have a Tubigrip, remove it at night and elevate the injured area if practical. Re-apply the Tubigrip when you are up and about
- Gently exercise the injured joints. Getting the movement back is vital, especially after resting in plaster, but avoid re-injury



Sprains and Strains

- If it is any part of your leg that is injured, do not drive until the pain has subsided and you can safely top in an emergency
- Application of an ice-pack for 15 minutes four times a day may reduce pain, swelling and bruising
- Anti-inflammatory painkillers such as ibuprofen will help relieve the pain.

Further Advice & Instructions:
