R.I.C.E.D First Aid for bruising, sprains and strains

Rest

> Rest reduces further damage - stop activity as soon as the injury occurs.
> Avoid as much movement of the injured part as possible to limit further injury.
> Don’t put any weight on the injured part of the body.

Ice

> Ice cools the tissue and reduces pain, swelling and bleeding.
> Place ice wrapped in a damp towel onto the injured area - don’t put ice directly onto bare skin.
> Hold the ice pack firmly in place with a bandage.
> Keep ice on the injury for 20 minutes every two hours for the first 48 hours.

Compression

> Firm bandaging helps to reduce bleeding and swelling.
> Ensure that bandaging is not so tight that it cuts off circulation or causes tingling or pain past the bandage.
> Bandage the injury between ice treatments.

Elevation

> Elevation helps to stop bleeding and reduce swelling.
> Raise the injured area on a pillow for comfort and support.
> Keep the injured area raised as much as possible.

Diagnosis

> Consult a medical professional (such as a doctor or physiotherapist) especially if you are worried about the injury, or if the pain or swelling gets worse.
> If the pain or swelling has not gone down significantly within 48 hours, also seek treatment.
> An accurate diagnosis is essential for proper rehabilitation of moderate to severe injuries.