Health and Wellness Bulletin

Strain/Sprain/Joint

- Take naproxen sodium tablets—220 mg. two times a day for pain. Follow instructions on label. (Naproxen is the generic name for Naprosyn®, Anaprox®, and Aleve®.)
- Apply ice pack to injured area for 20-30 minutes four times a day for the first 24-48 hours after the injury. **DO NOT** place ice directly on the skin. Place a thick towel or sock between the ice pack and the skin. Unopened packages of frozen vegetables work well or use ice in a sealed plastic bag.
- Elevate the extremity as much as possible for the first 24-48 hours.
- When up and active, wrap the extremity with an Ace bandage or air splint. If the toes/fingers become blue or white or begin to swell or become cold, tingling, numb, or painful, remove the bandage and rewrap loosely.
- Begin to bear weight on the extremity after 24 hours as tolerated.
- ICERS — **Ice/Compression/Elevate/Rest/Support.**

Report the following to the Health and Wellness Center or Physician

- Pain not controlled with naproxen sodium 220 mg. two tablets a day.
- Pain, swelling, or bruising worsens after 24-48 hours despite home care measures.
- Increasing difficulty moving the joint or weight bearing after 24-48 hours.
- No resolution in 1-2 weeks.

**Seek Emergency Care if the following occurs:**

- Extremity becomes numb, cold, blue, white or symptoms persist after removing the Ace bandage.

- **SPECIAL INSTRUCTIONS**

Return to clinic for follow up appointment as directed or on __________

if not better in ___ 2 days or

if not completely resolved in ___ 10 days or

if ___ worsening of signs or symptoms occur.

**AFTER HOURS**

Contact your RD or RA or Security at 830-739-1111.

Call 911 (9-911) if life threatening emergency.