
INSTRUCTIONS

Ace Wrap (Elastic Bandage)

You have been given an *ace wrap* (elastic bandage) to make you more comfortable and to lessen swelling.

HOME CARE INSTRUCTIONS:

How to apply:

- Ø Hold the roll in your working hand with the loose end in your other hand. Place the outside of the loose end on the patient's hand or foot, just below the area that is injured.
- Ø With your working hand, pass the roll around the patient's hand or foot two or three times. Wrap so that it is snug (not too tight, not too loose).
- Ø Make a "figure-eight" turn (like an "x") around the wrist or ankle.
- Ø Finish the wrap away from the wrist (or ankle) so the clips will not be over bony areas. Fasten the end with the clips, tape or a safety pin.
- Ø Always start below the injured area and work upward when wrapping.

The following problems may mean that the elastic bandage is too tight.

- Ø Increased swelling or pain occurs.
- Ø Fingers or toes become pale (whiter) or become dark or blue.
- Ø Numbness, tingling or coldness is felt in your fingers or toes.
- Ø There is loss of movement in your injured hand or foot.

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- Ø Any of the above problems are severe or are not gone in 30 minutes. Return to the Emergency Department or see your caregiver right away. Remove the ace wrap entirely and rewrap it less tightly.
- Ø You have other questions or concerns.
- Ø The Emergency Department is open 24 hours a day for any problems.

Adapted from ©2001 Massachusetts College of Emergency Physicians Aftercare Instruction Sheets

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Back Pain & Injury

Your back pain is most likely caused by a strain of the muscles or ligaments that support the spine. This is a common injury. Back strains cause pain and trouble moving because of muscle spasms. They may take several weeks to heal, although they are usually much better after 2-3 days.

Treatment for back pain includes:

- Ø **Rest** - Get bed rest as needed over the next day or two. Use a firm mattress and lie on your side with your knees slightly bent. If you lie on your back, put a pillow under your knees.
- Ø **Early movement** - Back pain improves most rapidly if you remain active. It is much more stressful