

- Wear any splinting, casting, or elastic bandage applications as instructed.
- Over the counter medications may be used as directed by your caregiver. Acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®) may be used to relieve pain and discomfort. *Do not use aspirin immediately after the injury unless instructed by your physician.* Aspirin can cause increased bleeding and bruising of the tissues.
- If you were given crutches, continue to use them as instructed and do not resume weight bearing on the affected extremity until instructed.

Persistent pain and inability to use the injured area as directed for more than 2 to 3 days are warning signs indicating that you should see a caregiver for a follow-up visit as soon as possible. Initially, a hairline fracture (this is the same as a broken bone) may not be evident on x-rays. Persistent pain and swelling indicate that further evaluation, non-weight bearing (use of crutches as instructed), and/or further x-rays are indicated. X-rays may sometimes not show a small fracture until a week or ten days later. Make a follow-up appointment with your own caregiver or one to whom we have referred you. A radiologist (specialist in reading x-rays) may re-read your X-rays. Make sure you know how you are to obtain your x-ray results. Do not assume everything is normal if you do not hear from us.

CALL IF:

- Bruising, swelling, or pain increases.
- You have cold or numb toes.

RETURN IMMEDIATELY IF:

- Your toes are cold, numb or blue.
- The pain is not responding to medications and continues to stay the same or get worse.

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Motor Vehicle Collision (MVC)

You have been evaluated for injuries you received in a Motor Vehicle Collision (MVC). You have been examined and your caregiver has **not found** injuries serious enough to require hospitalization.

It is common to have multiple bruises and sore muscles after a MVC. These tend to feel worse for the first 24 hours. You may have more stiffness and soreness over the next several hours. It may be worse when you wake up the first morning after your accident. After this point, you will usually begin to improve with each passing day. The amount of improvement often depends on the amount of damage done in the accident.

Following the accident, **if some part of your body does not work or feel as it should, or if the pain in any area continues to increase, you should seek immediate medical attention.**

HOME CARE INSTRUCTIONS:

- Ø Ice sore areas every 2 hours for 20 minutes while awake for the next 2 days.
- Ø Drink extra fluids. Do not drink alcohol.
- Ø Take a hot or warm shower or bath once or twice a day. This will increase blood flow to sore muscles. This will help you "limber up."
- Ø Activity as tolerated. Lifting may aggravate neck or back pain.
- Ø You may use acetaminophen (Tylenol®), ibuprofen (Advil® or Motrin®), as needed for pain and inflammation (soreness). Use these **only if your caregiver has not given medications that**