

STUDENT HEALTH CENTER
(360) 650-3400

SELF-CARE FOR SPRAINS

Swelling and pain usually accompany a sprain. We recommend the following:

- 1) Rest.
- 2) Apply an ice bag (a bag of frozen vegetables that can be repeatedly refrozen makes an "ice bag") for 20 minutes four times a day until the swelling subsides and pain is absent.
- 3) Use an ace wrap for external compression. Check the ace wrap frequently to make certain it is not too tight.
- 4) Elevate the limb to help reduce swelling for the first 48 hours.
- 5) Ibuprofen 400mg every 6 hours (3 times a day) with food, helps reduce the pain. If you have not taken ibuprofen before, check with your doctor or the Health Center before you use this drug.

Check with your doctor or the Health Center if you are not pain free in 10 days.