

REST, ICE, COMPRESSION, ELEVATION (RICE)

Do this as soon as possible after an injury, such as a sprain; to relieve pain and swelling:

RICE = Rest, Ice, Compression and Elevation.

Rest: Stop, change or take a break from an activity that may be causing pain or soreness.

Ice: Apply ice pack as soon as possible to prevent swelling. Apply 10-20 minutes, 3 or more times a day. After 48-72 hours, if swelling is gone, apply heat to the area that hurts. Do not apply ice directly to the skin. Place a towel over ice pack before applying to skin.

Compression: Compression with an elastic bandage will help with decrease swelling. Don't wrap too tightly, as this will cause more swelling below the affected area. Signs that bandage is too tight include: numbness, tingling, increased pain, coolness or swelling above the bandage.

Elevation: Elevate the injured area while applying ice and anytime you are sitting or lying down. Try to keep the area at or above the level of your heart to minimize swelling.

Contact your MD or health care provider as soon as you have any type of pain or injury for specific care.

Source: WEB MD 2007