

扭傷及瘀血之處理方法

- 1、抬高患肢（高過心臟）休息，可減輕腫脹。
- 2、開始48小時內用冷敷，越早處理越好，但不可將冰塊直接置於皮膚上，可以毛巾或手帕墊於患處。
- 3、48小時後使用熱敷。
- 4、若扭傷處有皮膚破損，需注意保持傷口之清潔。
- 5、患肢予彈性繃帶支托固定，假如覺得太緊或太鬆應重新綁過。
- 6、上肢可以三角巾支托。
- 7、活動手指或腳趾，以減輕腫脹及避免僵硬。
- 8、請記得回骨科門診追蹤。

Solutions to Cure Sprain and Bruises

1. Please raise wounded limb (above heart) for rest, in order to relieve swelling.
2. Please apply cold pack at the first 48 hours as soon as possible, and do not apply ice cubes directly onto skin, but through towel or handkerchief.
3. Please apply hot pack after 48 hours.
4. If there is some wound on skin from sprain, must watch for cleansing wounds.
5. Must apply elastic bandage to straighten wounded limb, and should re-do tying if it's too tight or too loose for patient.
6. May support upper part of limbs with triangle sheet.
7. Must move fingers or toes in order to relieve swelling and avoid becoming stiff.
8. Please remember to return to Orthopaedic Department for follow-up treatment.