Crush Injury

You have had a crush injury. This causes deep tissue bruising, swelling, and pain. You should rest and elevate the injury so it is at the level of your heart. Do this until the pain and swelling go down. You may apply ice packs to the injury for 20-30 minutes every 2 hours for 2-3 days.

A compression bandage or splint may be needed for several days to help reduce swelling and movement. If your foot is injured, do not walk on it until it is painless to bear weight. Your injury will be much better in 2-3 days if you rest and treat it properly.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Signs of infection (increased redness, swelling, or pain).
- If the area becomes numb, cold, or blue.
- Urine that becomes dark or bloody.

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