Hand Injuries

You have an injured hand. **Minor fractures, sprains, bruises and burns of the hand are often managed in much the same way**. Treatment includes:

- **Keep your hand elevated** above the level of your heart for the next few days until the pain and swelling improve.
- **Hand dressings and splints** are used to reduce motion, relieve pain and prevent re-injury. Do not remove your dressing and splint until your doctor approves.
- **Apply ice packs** for 20-30 minutes every few hours for 2-3 days to reduce pain and swelling due to fractures, sprains, and deep bruises.
- **Medicine** to reduce pain and inflammation is often helpful.

Early motion exercises are sometimes needed to reduce joint stiffness after a hand injury; however, do not use your hand for any activities that increase pain.

Please see your doctor for follow-up care as advised.

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