# Pediatric Sprain

A sprain happens when a band of tissue that connects 2 bones (*ligament*) has been injured. The band of tissue may have been stretched too much or it may have torn.

**HOME CARE**

- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between the skin and the bag.
  - Leave the ice on for 20 to 30 minutes at a time, every 2 hours. Do this for the first 2 days.
- Keep the injured limb raised (*elevated*).
- Rest the joint or limb.
- Only give medicine as directed by your child's doctor. **Do not** use aspirin in children under the age of 19 years.
- Use any splints, braces, casting or elastic wraps as directed by your child's doctor.
- Follow instructions for treatment and follow-up as directed by your child's doctor.
- Your child should not participate in sports or PE class until your child's doctor says it is okay.

GET HELP IF:

- The injury stays tender.
- Putting weight on the inured area is still painful after 5 to 7 days of rest and treatment.
- Problems (*symptoms*) are worse.
- The cast or splint hurts or pinches your child.

**GET HELP RIGHT AWAY IF:**

After a cast or splint was applied:
- Your child's limb is pale or cold.
- Your child loses feeling (*numb*) in the limb.
- Your child's pain is worse.

**MAKE SURE YOU:**

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

Document Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.