RICE: Routine Care for Injuries

Rest, **I**ce, **C**ompression, and **E**levation (RICE) are used often to care for injuries.

HOME CARE

- **R**est your injury so it will get well. Injuries may take about 6 weeks to heal.
- **I**ce helps keep swelling down and reduces pain. Do not apply ice right on the skin.
  - Put ice in a plastic bag.
  - Wrap the bag in a towel.
  - Apply every 2 hours for 20 minutes while you are awake. Do this for 2 days. Do what your doctor tells you.
- **C**ompression with an elastic wrap such as an *ace bandage* helps keep swelling down. Do not put it on too tight. If your **fingers or toes swell up, turn blue, get cold or numb or have more pain, wrap the leg or arm a little looser.** See your doctor if these problems get worse. **Watch fingers or toes for:**
  - Swelling.
  - Blue color.
  - Coldness.
  - Numbness.
  - Pain.
- **E**levate your injured arm, hand, leg or foot. This means raise your injury above the heart if possible. This will lessen the swelling and pain.

GET HELP RIGHT AWAY IF:

- You have more pain.
- Swelling does not go away or gets worse.

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