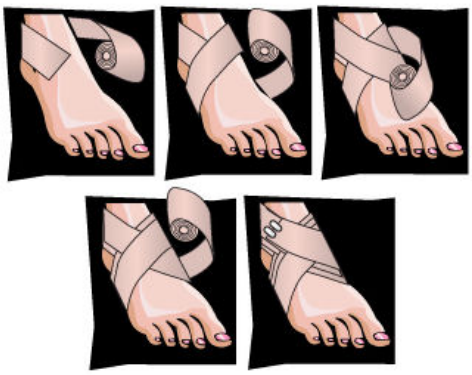
Elastic Bandage

An elastic bandage may help reduce the swelling and discomfort of a sprain or bruise. It does this by providing gentle pressure and reducing motion. **A stiffer splint may be needed if a sprain is serious and needs more support.** Elastic bandages may also be used to hold ice packs in place over injured areas.



- Elastic bandages should be wrapped evenly and snuggly, but not too tight.
- If the area under the wrap becomes cold, blue, more painful, or numb, remove the bandage. Look at the area, and wrap it up again more loosely.

Only take medicine as directed by your caregiver.

SEEK MEDICAL CARE IF:

- The area remains discolored, cold, numb, or painful after the wrap is loosened.

Document Released: 01/25/2006 Document Re-Released: 03/14/2011
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