Motor Vehicle Collision (MVC)

You have been evaluated for injuries you received in a Motor Vehicle Collision (MVC). You have been examined and your caregiver has **not found** injuries serious enough to require hospitalization.

It is common to have multiple bruises and sore muscles after a MVC. These tend to feel worse for the first 24 hours. You may have more stiffness and soreness over the next several hours. It may be worse when you wake up the first morning after your accident. After this point, you will usually begin to improve with each passing day. The amount of improvement often depends on the amount of damage done in the accident.

Following the accident, **if some part of your body does not work or feel as it should, or if the pain in any area continues to increase, you should seek immediate medical attention.**

HOME CARE INSTRUCTIONS:

- Ice sore areas every 2 hours for 20 minutes while awake for the next 2 days.
- Drink extra fluids. Do not drink alcohol.
- Take a hot or warm shower or bath once or twice a day. This will increase blood flow to sore muscles. This will help you "limber up."
- Activity as tolerated. Lifting may aggravate neck or back pain.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not use aspirin. This may increase bruising or increase bleeding if there are small areas where this is happening.
- If you feel you are not improving, or if you feel you are improving more slowly than you would expect, call your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- Numbness, tingling, weakness, or problem with the use of your arms or legs.
- Severe headaches not relieved with medications.
- Changes in bowel or bladder control.
- Increasing pain in any areas of the body.
- Shortness of breath, dizziness or fainting.
- Nausea, vomiting or sweats.
- Increasing *abdominal* (belly) discomfort.
- Blood in your urine, stool, or vomit.
- Pain in either shoulder or in an area where a shoulder strap would be.
- Feelings of lightheadedness or you have a fainting episode.

If you feel your symptoms are worsening, SEEK IMMEDIATE MEDICAL ATTENTION.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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