Multiple Traumas

Bruises and sore muscles are common after injuries. These usually feel worse for the first 24 hours. You may have more stiffness and soreness over the next several hours to several days. It may be worse when you wake up the first morning following your injury. You will improve with each passing day. The amount of improvement often depends on the amount of damage done.

Following your injuries, 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 because aspirin decreases the ability of blood to form clots that stop bleeding.
- 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.
- Fever greater than 100.5° F (38.1° C).
- Nausea, vomiting or sweats.
- Increasing belly pain.
- 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 a fainting episode.
- Anything that concerns or you feel may be getting worse rather than better.
- **Symptoms that are worsening.**

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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