Hand Injuries

There are many types of hand injuries. You or your child may have a minor broken bone (*fracture*), sprain, bruises, or burns on the hand.

HOME CARE

- Keep the hand raised (*elevated*) above the level of the heart. Do this for the first few days until the pain and puffiness (*swelling*) get better.
- Hand bandages (*dressings*) and splints are used to keep the hand still. This helps with pain and prevents more injury.
- **Do not** remove the bandage and splint until your doctor says it is okay.
- For broken bones, sprains, and bruises, you may 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 every few hours. Do this for 2 to 3 days.
- Medicine for pain and redness or puffiness (*inflammation*) is often helpful.
- Some hand motion after an injury can decrease stiffness.
- **Do not** do any activities that increase pain in the hand.
- See your doctor for follow-up care as told.

GET HELP RIGHT AWAY IF:

- The pain and puffiness get worse.
- The pain is not controlled with medicine.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- There is pain when moving the fingers.
- There is fluid (*pus*) coming from the wound.

MAKE SURE YOU:

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

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