

About Your Ambulance Call

09/09

Your MedStar ambulance crew is providing this brochure because we are concerned about your health and safety. Please review this guide for information and advice regarding your condition or injury.

The assessment and treatment given to you may not provide all of the medical care required for your condition. Additional treatment at a hospital or by a doctor may be necessary to ensure your health and recovery. Get needed medical attention as soon as possible.

The advice and instructions contained in this brochure are not a substitute for definitive and comprehensive treatment. When needed, we encourage you to seek additional help by contacting your doctor or medical facility, going to the emergency room or contacting the ambulance again by calling 9-1-1.

If appropriate, inform your doctor that MedStar was called and provide the information the ambulance crew recorded on this brochure.

Date: _____ **Time:** _____

Notes by crew:

Strains / Sprains / Bruises



Managing Care After Injury or Illness



Strains, Sprains and Bruises

Strains usually involve overuse or over-stretching of muscles.

Sprains are injuries to joints that result from partial or complete tearing of ligaments.

Bruises can result from blunt trauma when damaged blood vessels leak under the skin.

With any of these injuries, there may be swelling under the skin due to blood or fluid buildup called a hematoma. The signs and symptoms of strains and sprains are often similar to those of a broken bone (fracture) or dislocation of a joint, both of which would need the care of a doctor.

The seriousness of the injury may not be recognized until hours or days later.

What To Watch For

If you have decided not to be transported by MedStar to a medical facility, contact your doctor or seek other medical help if any of the following develop:

- Increasing pain or tenderness, excessive swelling, or extensive bruising of the injured area
- Coldness, numbness, tingling, or loss of feeling to the injured area or beyond
- Continued inability to move or use an arm or leg or an individual joint

Consider These Actions

- Protect the injured area and avoid movement or activity that may aggravate the injury.
- For an injured joint, keep it immobilized and elevated on pillows.
- Apply cold compresses every two hours for 20-30 minutes. Continue the cold treatments on and off for 24 hours. Do not freeze the area and do not apply heat if there is any swelling.
- Ibuprofen (such as Advil™) or acetaminophen (such as Tylenol™) may be taken for pain or discomfort - avoid taking aspirin.
- Contact your doctor or seek other medical help if symptoms continue or get worse.
- **If needed, seek additional help by contacting your doctor or medical facility, going to the hospital emergency room or contact the ambulance again by calling 9-1-1.**