

# Soft Tissue Injuries

An information guide



# Soft Tissue Injuries

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Treatment Centre (UTC).

You have been seen today and have been diagnosed as having a soft tissue injury. This means an injury to a ligament, tendon or muscle, and not to the bone. This type of injury is sometimes known as a 'sprain' or 'strain'.

The following steps can help the healing process:

- **Rest the injured area** – After 2-3 days, or sooner if there has been an obvious improvement, start to gently exercise.
- **Apply ice to the injured area, wrapped in a cloth** – This should be done for 5 – 10 minutes every 2 hours at first, used less often after the first 24 hours.
- **Where practical, raise the injured part above the level of your heart** - Try to do this for as much of the time as possible during the first 3 days after the injury.

You may find painkillers such as paracetamol helpful, Also, 'anti-inflammatory' medicines such as ibuprofen (in tablet or gel form) may help, especially in the first 3 days. However, there are a number of medical conditions which make this treatment less safe – check the packaging, or ask a doctor or pharmacist, for details if you are not sure.

Soft tissue injuries can take several weeks to fully settle. You should avoid and activities, such as contact sports, which could lead to a further injury during this time.

## **Important**

If the injured area does not seem to be improving by 2 weeks after the injury, or is not significantly better by 6 – 8 weeks, you should be re-assessed.

For this you should contact/return to the A&E Department/ UTC you attended or visit your GP.

**A&E Department:**

**Fairfield General Hospital– 0161 778 2600**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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