

# Tubigrip

An information guide



# Tubigrip

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

You have been seen today by a doctor or clinician and have been diagnosed as suffering from a soft tissue injury. This means you have an injury to a ligament, tendon or muscle. This injury does **NOT** involve the bone.

Tubigrip has been applied to your injured limb. Please wear this for as long as advised by the clinician or doctor which you were seen by.

## General advice:

- Remove the Tubigrip if your fingers or toes become blue, white, cold, numb or if you experience 'pins and needles'. If there is no improvement to these symptoms please seek further advice at your local A&E.
- Avoid wearing nail varnish, rings or other jewellery until your injury has healed.
- Avoid getting the Tubigrip wet, if it does become wet remove and dry it.
- Move your fingers and toes on the affected limb as much as possible to avoid them becoming stiff and painful.
- The Tubigrip can be removed, washed and re-applied when needed.
- Rest the affected limb for the first 2 to 3 days, this helps prevent further swelling and pain.
- **REMOVE** the Tubigrip at night whilst in bed.

## **Rest**

For the next 24 to 48 hours rest your injured limb, keeping it raised up (elevated), and gently moving it to prevent stiffness.

## **Ice**

Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure that the ice or frozen peas is wrapped in a cloth or a towel, **DO NOT APPLY DIRECTLY TO SKIN** this could cause a burn.

## **Elevation**

Raise your limb when resting. This will help reduce the swelling significantly. Continue to elevate as long as the swelling persists.

## **Follow up**

There will be no routine follow up for patients with this type of soft tissue injury. It can take 2 to 6 weeks for sprains and strains to heal. If after 3 to 6 weeks you are still experiencing:

- Significant pain or swelling
- Still struggling to weight bear or use your injured limb

**Please contact your GP for further advice**

**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 advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**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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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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