

R.I.C.E.R

[R.I.C.E.R MEANS]

Rest, Ice, Compression, Elevation and Referral - these are essential elements for a quick recovery from injury.

<p>R = Rest</p> 	<p>[REST]</p> <p>Rest reduces further damage. Avoid as much movement as possible to limit further injury. Don't put any weight on the injured part of the body.</p>
<p>I = Ice</p> 	<p>[ICE]</p> <p>Apply a cold Elastoplast Hot/Cold Pack to injury for 20 minutes every 2 hours. Continue this treatment for the first 48 -72 hours. Ice cools the tissue and reduces pain, swelling and bleeding. Place cold pack wrapped in a towel onto the injured area. Do not apply cold pack directly to the skin. Extra care must be taken with people sensitive to cold (such as children) or with circulatory problems.</p>
<p>C = Compression</p> 	<p>[COMPRESSION]</p> <p>Apply Elastoplast Crepe Bandage, covering the injured area as well as the areas above and below. Compression reduces bleeding and swelling. Check the bandage is not too tight.</p>
<p>E = Elevation</p> 	<p>[ELEVATION]</p> <p>Elevate the injured area to stop bleeding and swelling. Place the injured area on a pillow for comfort and support.</p>
<p>R = Referral</p> 	<p>[REFERRAL]</p> <p>Refer the injured person to a qualified professional such as a doctor or physiotherapist for precise diagnosis, ongoing care and treatment. A full recovery is then more likely.</p>