

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Sprains and strains

A parent's guide

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Sprains and strains

Sprains to ligaments are very common. We do not always X-ray this type of injury. The injured area will be bruised and swollen. It might be painful and uncomfortable for around two months. The pain will improve over time.

Your child should:

- Wear a supporting bandage if they were given one.
- Take painkillers such as ibuprofen or paracetamol to relieve the pain.
- Use an ice pack (frozen peas in a damp towel will also work) to help reduce bruising and swelling.
- Gently exercise the injured area to stop it becoming stiff.

Go to your GP if the pain does not get any better and we have not arranged to see you again.

Your child should not:

- Wear a supporting bandage at night.
- Wear a supporting bandage if it is too tight. If your child's fingers or toes go blue, take it off immediately.

For more information

Call our paediatric outpatient department on 020 7288 5883.