

R.I.C.E.

A general treatment for bleeds and other painful injuries is R.I.C.E. — Rest, Ice, Compress, Elevate

REST

- Stop using the injured area; continued activity may cause further injury, more discomfort, and possible bleeding into tissues or joint
- Rest the injured area for 24 to 48 hours
- Resume activity gradually to prevent hurting or re-injuring the area
- Use a supportive device such as a sling, if needed, to rest an upper extremity; a cane or crutches can help avoid putting weight on an affected leg or foot

ICE

- Use ice to reduce pain and help to constrict blood vessels and limit bleeding
- Apply ice to the affected area for 20 minutes at a time for 48 to 72 hours
- Don't place ice directly on the skin; put the ice in a plastic bag and wrap it in a towel or cloth

COMPRESS

- Wrap the affected area with an elastic bandage to help reduce swelling and limit bleeding; the bandage should be snug but should not cut off circulation

ELEVATE

- Keep the injury extremity (the leg or arm) elevated as much as possible; this helps reduce swelling
- Depending on the bleed site, you may have to limit your activities for a few days follow a bleeding episode