

Emergency Department Trauma

General Information

You have been assessed in the Emergency Department for injuries that could have been life-threatening or may have needed immediate intervention. Your doctor has determined that none of these have been found, and that you are medically safe to be discharged.

This does not mean that you have not been hurt. It is normal to feel sore and stiff in the days following a trauma, even if you do not currently feel pain. You may have difficulty remembering the accident or your visit to the emergency department. It is also possible that you may still have injuries that may still affect your ability to perform your normal activities, such as ligament tears and soft tissue injuries, and sometimes even minor fractures.

The hospital cannot release information to the police, Worksafe or ICBC without your permission, so if you want to report your accident it is your responsibility.

Instructions

1. Rest. Your body has been through a traumatic experience and will require time to rest and heal.
2. You can apply ice to injured or sore parts of your body. Leave ice on for no longer than 10-15 minutes per hour.
3. You can elevate sore or swollen parts of your body to lessen swelling and pain. Use a chair, pillow or other support to keep the injured site elevated.
4. Take any medications the doctor may have prescribed for you, or take non-prescription medications such as ibuprofen (Motrin or Advil) or acetaminophen (Tylenol) for pain.

Return to Emergency if any of the following develop:

- You feel unsafe at home or in a relationship.

Contact your Family Doctor if any of the following develop:

- You are still feeling pain that is not improving in 3-4 days
- You require assistance completing documentation regarding your injuries. A record of your visit to the Emergency Department and results will be sent to your family doctor within a week of you attending the Emergency Department.

For more information or questions contact HealthLinkBC at 811.

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