Injured? Feeling pain? Don’t delay! Visit the emergency room if you are experiencing any of these symptoms:

- If you’ve burned yourself and your skin is white and leathery
- If you have bleeding that will not stop after 5 minutes of direct pressure
- If you’ve cut yourself and now have numbness in the area
- If your fingers are pale and cold after a traumatic injury or cold exposure
- If you can’t move a joint or the joint is very painful and difficult to move
- If your finger, hand or forearm is bent unnaturally after an injury
- If you see something white through your skin, which could represent a bone or tendon.
- If you had a high pressure injection injury such as from a paint gun
- If you have redness and swelling after an insect bite, animal bite or a cut in the skin
- If you have intense bruising, swelling or pain after an injury.

FACT OR FICTION?

If you can move your body part, it isn’t broken.

FICTION

On the contrary, severe bruising, swelling or pain after an injury can be signs of a broken bone.

Get Treatment, No Matter What!

If you have an injury or pain but don’t need to visit the emergency room, see a hand surgeon at the next available appointment. Delaying treatment can cause serious damage.

FOR MORE INFORMATION

Visit our website to learn about different injuries and conditions of the hand, wrist, arm and shoulder, or to find a hand surgeon near you.

www.HandCare.org