

## Getting Medical Treatment After Your Portland Car Accident

After an accident, there is always a period of uncertainty. We all ask, “What do I do?” and there are many answers. But the first order of business should be getting medical treatment for yourself and your loved ones that have been injured.

If you have been injured due to the actions or negligence of another, it is especially important to seek medical attention because if you don't, you could be affecting any future claim you may need to make. How you proceed in the days, weeks, and months after an accident can greatly affect the outcome of a personal injury claim – and even if you don't know whether you want to file a claim now, you don't want to shoot yourself in the foot by wrecking the case you don't have yet.

Here are some important steps for your medical treatment after an accident, whether you've been in a crash, been assaulted, been bitten by dog, whatever – these are things you need to keep in mind just in case you ever find yourself running up medical bills that you can't pay and you finally decide to pursue a Portland injury case.

**1. Don't put off seeking treatment:** Even if you feel fine at first, or you think they are mild enough to handle on your own, you should see a doctor. If you don't, you can negatively affect your case but more important, you can affect your health – there are many injuries that take time to manifest after a crash.

**2. Get help taking photos of your injuries:** Any swelling, bruises, cuts, casts, etc., should be documented with pictures because 1) a medical report might not detail the smaller injuries, and 2) nothing speaks to a jury like a picture.

**3. Keep notes or a diary about your injury, treatments, and recovery:** All your pain, discomfort, fears, sleep loss, etc, should be noted. You don't want to forget any of these details if you decide to pursue a claim. Also make sure you record any time off of work that you take, so you can claim lost wages, and every doctor's visit.

**4. Remember that every small pain and discomfort can be important:** Pain that may seem insignificant at the time may be a sign of something more serious. Make sure your physician is aware of all your symptoms so they become part of your medical record, which the insurance company will read.

**5. Be careful about what you say and sign after the accident:** Anything you say to an insurance adjuster can be used against you if you decide to pursue a claim, and if you sign a release, you might not be able to file a claim at all – no matter how much more money you need to pay your bills.

If you are unsure about what to tell your doctor, or the insurance adjuster, and you're worried about medical bills, it is often advisable to talk to a Portland personal injury attorney. A personal injury case can be confusing, frustrating, and stressful, but working

with a professional can help. A good attorney will even help you through treatment until you know whether filing a claim is necessary.