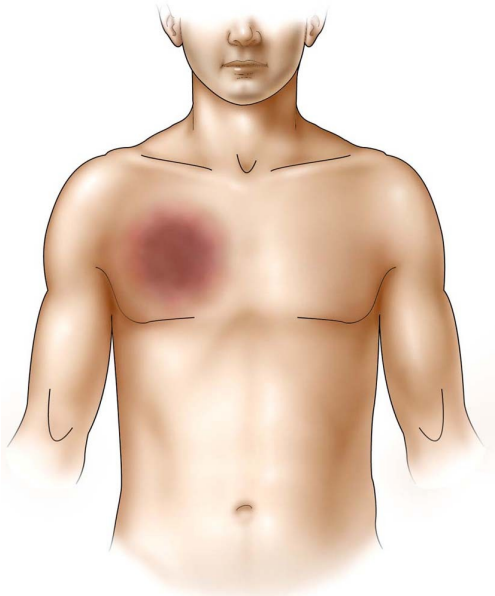
Chest Bruise

Bruises happen when an injury causes bleeding under the skin. Signs of bruising include pain, puffiness (*swelling*), and discolored skin. The bruise may turn blue, purple, or yellow. A blow to the chest may not break the skin, but it may cause other problems. You could damage to your heart or lungs, but this may not show up right away. You must pay attention to how you are doing.



HOME CARE

- It is normal to be sore in places other than where you are bruised. The soreness usually gets worse on the third day and then starts to get better.
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between the skin and the bag.
  - Leave the ice on for 20 minutes at a time, 3 to 4 times a day for the first 48 hours.
- Rest the chest. **Do not** lift anything heavy. **Do not** do anything that makes you or your child breathe hard and fast.
- Take 3 to 4 deep breaths every hour while awake. Hold a hand or a pillow over the sore area for support.
  - Breathe from the belly (*abdomen*).
  - Breathe in through the nose, as if you are smelling a flower.
  - Breathe out through the mouth, as if you are blowing out a candle.
- Only take medicine as told by your doctor.

GET HELP RIGHT AWAY IF:

- You or your child is having trouble breathing or is coughing up mucus.
- There is pain in the chest that goes into the arms or jaw.
- The skin is wet and pale.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You or your child feels dizzy, weak, or passes out (*faints*).
- You or your child cannot breathe easily.
- The bruise is getting worse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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