Periosteal Hematoma

You have a bone bruise, or hematoma. This condition occurs when a bruise causes bleeding close to the lining that covers your bones, the periosteum. Usually this results in a localized, tender, raised area close to the bone. **Periosteal hematomas typically occur over the shin**. These injuries often take weeks or even longer to completely resolve. However, they do not weaken the bone or cause permanent damage.

Rest and elevate the area of injury as long as it is very tender or swollen. Apply ice packs for 20-30 minutes every 2 hours for the next 2-3 days. An elastic wrap may be used to reduce swelling and to protect the injured area. Pain or anti-inflammatory medicine may be used to reduce symptoms. Call your caregiver if you are not improved after 3-4 days.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Severe pain, or have difficulty bearing weight.
- Increased redness, heat, or tenderness over your injury.

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