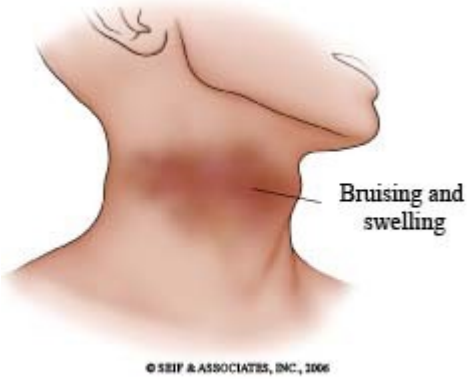
Bruise

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, green, purple, or yellow. It will be tender when you touch it. A bruise takes 7 to 14 days to fade away.



HOME CARE

- Take medicine only as told by your doctor.
- 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, 4 times a day.
- If the injury is on the arm or leg, raise (*elevate*) that part of the body above the level of the heart as much as possible.

GET HELP IF:

- There is pain not controlled with medicine. **Do not use aspirin.** It may cause bleeding. **Do not give aspirin to children.**
- You or your child bruises often and has not been bumping into things.
- There is more pain or puffiness in the injured area.
- The bruise has not faded after 3 weeks.

GET HELP RIGHT AWAY IF:

- The bruise is getting bigger.
- The pain is very bad in the injured spot.
- A bruise appears suddenly for no reason.
- You or your child has a disease that prevents blood from clotting (*hemophilia*).

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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