Bruise of the Foot

Bruises (*contusions*) 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 bruised foot may be painful to walk on. Puffiness may make it hard to move the foot.

HOME CARE

- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 20 minutes at a time, 4 times a day.
- An elastic bandage may be used to keep the puffiness down.
- Keep the foot raised (*elevated*) above the level of the heart. This lessens puffiness and pain.
- Avoid standing or walking on the foot.
- Only take medicine as told by your doctor.
- Eat healthy. Eat more protein (fish, meat, cheese, milk, and eggs).
- See your doctor for a follow-up visit as told.

GET HELP RIGHT AWAY IF:

- The pain and puffiness get worse.
- The pain is not controlled with medicine.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- The foot feels warm and there is pain when moving the toes.
- The bruise is not getting better.
- There is fluid (*pus*) coming from the wound, a headache, muscle ache, or you or your child feels dizzy and ill. These could be signs of an infection.
- You or your child loses feeling (*numbness*) in the foot.
- The foot feels cold.
- There are new problems.

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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