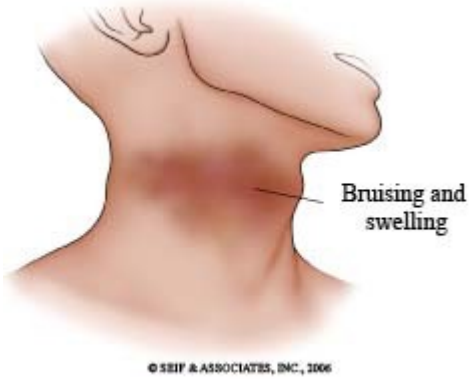
Contusions

A contusion is a deep 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.

HOME CARE



- Rest the injured area until the pain and puffiness are better.
- 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 to 30 minutes at a time, every 2 to 3 hours for the first couple days.
- Raise (*elevate*) the injured area above the level of the heart. This will help to lessen pain and puffiness.
- An elastic bandage can lessen puffiness and motion.
- Try to limit use of the injured area as much as possible. Do as your doctor suggests.
- Only use 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. This is necessary. If you do not, it could delay healing.

A pool of blood (*hematoma*) may collect in the injured area. Hematomas do not often cause problems. Sometimes, they need to be drained.

GET HELP RIGHT AWAY IF:

- There is more redness, puffiness, or pain. These are signs of infection.
- 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 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 infection.
- You or your child loses feeling (*numbness*) in the injured area.
- The injured area 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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