Bruise of the Hand

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. Puffiness can make it hard to move your hand.

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 the injury for 20 minutes, 3 to 4 times a day.
- An elastic bandage may be used to keep puffiness down.
- Massage from the hand to the elbow to keep the puffiness down. Do this gently. Open and close your fist while doing this.
- Keep the hand raised (*elevated*) above the level of the heart. This lessens puffiness and pain.
- Try to limit the use of the injured hand as much as possible. Do as your doctor suggests.
- Eat healthy. Eat more protein (fish, meat, cheese, milk, and eggs).
- See your doctor for a follow-up visit as told. This is necessary. If you do not, it could delay healing.

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 hand feels warm and there is pain when moving the fingers.
- 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.
- 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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