Contusions

A contusion is an area of tenderness and swelling in the soft tissues. It may also be called a deep bruise. A contusion is the result of damage and a small amount of bleeding in an injured area. Severe contusions may stay painful and swollen for a few weeks following injury.

HOME CARE INSTRUCTIONS

- Rest the injured area until the pain and swelling are better.
- Apply ice packs every few hours for 2 to 3 days, then use moist heat for comfort.
- Elevate the injury to reduce swelling.
- Compression bandages may also help reduce swelling and motion, which may help control pain.

A larger collection of blood may form in the deep tissue (*hematoma).* This may form with a large contusion. Hematomas are usually reabsorbed by the body naturally. Sometimes they need to be drained.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Signs of infection (increased redness, swelling, or pain).
- Numbness or coldness to the injured area.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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