Facial & Scalp Contusions

You have a *contusion* (bruise) on your face or scalp. Injuries around the face and head cause a lot of swelling, especially around the eyes. This is because the blood supply to this area is good and tissues are loose. Swelling from a contusion is usually better in 2-3 days. It may take a week or longer for a "black eye" to clear up.

HOME CARE INSTRUCTIONS

- Apply ice packs to the injured area for about 20-30 minutes every 2-3 hours for the first couple days. This helps keep swelling down.
- Use mild pain medicine as needed or instructed.
- You may have a **mild** headache, slight dizziness, nausea, and weakness for a few days. This usually clears up with bed rest and mild pain medications.
- Contact your caregiver if you are concerned about facial defects or have any difficulty with your bite or develop pain with chewing.

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- Severe pain or headache, unrelieved by medication.
- Unusual sleepiness, confusion, personality changes, or vomiting.
- Persistent nosebleed, double or blurred vision, or drainage from the nose or ear.
- You have difficulty walking or using your arms or legs.

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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