Hematoma

You have a hematoma. This is an accumulation of blood usually caused by a blunt injury with a deep tissue bruise. Hematomas may form in large contusions and stay painful and swollen for weeks. Hematomas are usually reabsorbed by the body naturally, although at times they need to be drained. Initial treatment of contusions and hematomas includes:

- Rest the injured area until the pain and swelling are better.
- Apply ice packs for 20-30 minutes every 3-4 hours for the first 2-3 days.
- Keep the injury elevated as much as possible to help reduce swelling and pain.
- Compression bandages may also be used to assist with swelling and help restrict motion.

Most hematomas do not cause complications. They improve over several weeks as the blood is broken down and removed from the tissues. The area of injury may look bruised for several weeks. Reduce your activities until your injury is improved. Hematomas sometimes become infected.

SEEK MEDICAL CARE IF:

- Your injury shows signs of infection with increased redness, swelling, or pain.
- Your limb becomes cold, numb, or blue if the hematoma is in an upper or lower extremity.
- You develop an unexplained fever.
- You have any other questions or concerns.

Document Released: 01/25/2006 Document Re-Released: 03/16/2010
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