

Hematoma Care Instructions

- A hematoma, or bruise is a swelling or raised area at the venipuncture site. It is caused by leakage of blood into underlying tissue.
- In the next few days, the blood will be absorbed by the body, causing the area to appear black and blue.
- As the bruise is healing, it will turn a yellow-green color and then gradually fade.
- There are some steps you can take to make your arm feel more comfortable in the event a hematoma develops:
 - Apply ice or cool packs to your arm for the first 24 hours
 - Apply heat to the area 24 hours after the hematoma occurred
 - use a heating pad at the lowest setting for 15 minutes one or more times per day
 - apply a warm, moist washcloth to the area, covered with plastic wrap to retain heat one or more times per day
 - Avoid heavy lifting or strenuous use of the affected arm if the activity causes discomfort
- If you develop severe pain, swelling, redness or extreme discomfort, please contact your health care provider

Questions? Contact Laboratory Customer Service 815-966-2689

