

Bruises

Definition

- Bruises to the skin anywhere on the body
- Bruises are bleeding into the skin from damaged blood vessels
- They can occur without a cut or scrape

Health Information

Symptoms

- The main symptom is pain.

Prevention

- Careful adult supervision of young children
- Education of older children about high risk behaviors

Care Advice

1. Cold Pack:

- Use a cold pack or ice bag wrapped in a wet cloth.
- Put it on the bruise once for 20 minutes.
- Reason: This will help to stop the bleeding.
- Caution: Avoid frostbite.

2. Heat Pack:

- After 48 hours, put heat on the bruise.
- Use a heat pack, heating pad or warm wet washcloth.
- Do this for 10 minutes, 2 times per day.
- Reason: This helps to remove the blood.
- Caution: Avoid burns.

3. Pain Medicine:

- To help with the pain, give acetaminophen (such as Tylenol) or ibuprofen. Use as needed.

4. What to Expect:

- Bruises fade away in 1-2 weeks.

Call Your Doctor If

- Pain becomes severe
- Bruises aren't gone in 2 weeks
- You think your child needs to be seen
- Your child becomes worse

Pediatric Care Advice

Author: Barton Schmitt MD, FAAP

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