

Post Blood Collection Hematoma Care Instructions

To serve you better, we have prepared the following information and instructions to answer any questions you may have about the development of a hematoma after a blood collection.

What is a hematoma? A hematoma is a swollen or raised area at the venipuncture site resulting from the leakage of blood into the tissues.

What will happen to the hematoma? In the next few days, the blood will be absorbed by the body. The blood will surface to the skin causing a bruised appearance. As the bruise is healing, it will turn a yellowish-green in color and then gradually fade.

What can I do? Below are a few steps you can take to help the healing process and/or make your arm feel more comfortable:

1. Leave the pressure dressing on for at **least 8 hours.**
2. Do not take aspirin or ibuprofen for 72 hours
3. Avoid lifting heavy objects with the arm
4. Apply ice packs, wrapped in a cloth, to the affected site for approximately 20 minutes one or more times during the first 24 hours following the formation of the bruise or hematoma.
5. You may apply warm, moist compresses to the site for 20 minutes one or more time during the second 24 hours after the collection.
6. If you notice any of the following complications notify your doctor immediately and report the problem to us.
 - Discoloration of the hand
 - Additional swelling
 - Generalized pain or discomfort of the arm
 - Throbbing of the arm
 - Numbness in the arm

Once again, thank you for allowing us to provide you with this service.

If you have any questions or concerns, please contact:

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