

## DESCRIPTION

Contusion is the medical term for a bruise. A contusion can result from any direct force or injury such as falling or being struck. At this time there are no apparent injuries to the essential organs (such as the eyes, brain, or spine).

## FREQUENT SIGNS AND SYMPTOMS

- The skin, muscles and other tissue areas may become swollen, painful and bruised. There may be other injuries, such as cuts and abrasion that bleed.
- The underlying bones may also have been bruised.

## TREATMENT

Treatment of a contusion (bruise) consists of gently applying ice to any areas of that are bruised or swelling. Place some ice cubes in a resealable (Ziploc) plastic bag and add some water. NEVER APPLY ICE

DIRECTLY TO THE SKIN. Put a thin washcloth between the bag and your skin. Apply the ice bag to the area for at least 20 minutes. Do this at least 4 times per day and more often if desired. Swelling may increase overnight as gravity causes a pooling of fluids while you are lying down. This should improve within a few hours after the area has been elevated.

## MEDICATIONS

- Use acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) to decrease the pain and inflammation from your injuries.
- Your doctor will determine if prescription-strength pain medications are needed.

## SEEK MEDICAL ATTENTION IF

- Pain, swelling or numbness increase or worsen
- Symptoms persist beyond 1 week or are not improving as expected