

Minor Injuries Unit

Bruise advice

Information for patients

What is a bruise?

Bruises occur as a result of damage to the small blood vessels under the skin. Depending upon the number of small blood vessels and their size so your bruise will be larger or smaller.

- A bruise may be painful for several weeks, this can be reduced by painkillers when needed.
- Elevation of the affected part when possible will also help reduce the pain and will also reduce the swelling.
- Local application of a cold object, eg a bag of frozen peas will help reduce the swelling. Be careful not to apply the ice directly onto the skin, wrap it up with a flannel before applying it to the skin, failure to do this may result in 'frost bite'.

