

靜脈穿刺後瘀血的預防及護理指引

靜脈穿刺後，血管壁因出現缺口，血液會流出血管外及聚集在皮下，形成**血腫**，於是皮膚呈現青紫色。瘀血會被人體逐漸吸收，大約需時 1 至 2 週。

瘀血的預防與處理

- I. 針頭拔出後，應立即按壓穿刺位 5 至 10 分鐘，切勿一邊按一邊揉。



- II. 凝血功能較弱的病人或服食通血管藥如阿司匹林的病人應按壓較長的時間。
- III. 半小時內不可提重物及在穿刺位上量血壓。止血棉球可在半小時後棄掉。
- IV. 穿刺傷口如有任何異狀，請通知本院醫護人員。



Post-venipuncture Bruises Prevention and Care Instruction

Venipuncture results in formation of openings at the walls of the blood vessels, hence leakage of blood into subcutaneous tissues. The blood accumulates and results in a **hematoma** - the skin would appear blue or purple. It takes 1 to 2 weeks for the body to gradually absorb the blood.

Bruise Prevention and Care Instructions

- I. Apply continuous firm pressure over puncture site immediately after the needle is removed for 5 - 10 minutes. Don't squeeze or rub the puncture site.
- II. Patients with poor blood clotting function and taking medication such as Aspirin or Ibuprofen should apply pressure longer.
- III. Do not lift heavy objects and measure blood pressure with the punctured arm within 30 minutes. The pressure cotton ball can be removed after 30 minutes.
- IV. If there is any abnormality, please notify our healthcare staff.

