

## Post-venipuncture Bruises Prevention and Care Instruction

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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 for 5 - 10 minutes after the needle is removed. 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.
- IV. If there is no bleeding from the venipuncture site after 30 minutes, the non-woven cotton ball can be discarded.
- V. Bandage can be requested if needed for covering the venipuncture site, but only when the venipuncture site has stopped bleeding!
- VI. If there is any abnormality, please notify our healthcare staff.

