

## What to know and when to get help

A bruise happens when small blood vessels under the skin tear or rupture, usually from a bump or fall. Please reference the guidelines below to track the severity of your condition.



### Manage your symptoms by:

- Taking over-the-counter pain relievers if needed
- Rest, ice, elevation of the affected part



### Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Bruising that is unexplained and frequent
- History of bleeding disorder
- Taking blood thinner medicine
- Signs of infection such as increased pain, swelling, redness, drainage, or area is hot to the touch
- Frequent falls



### Go to the ER or call 911 if you have:

- Massive bruising
- Altered mental status
- Severe swelling at the site of bruising

\*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.