

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 for 5 - 10 minutes after the needle removal. 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.