

HAEMATOMA and BRUISING

Haematoma is a swelling at the venepuncture site resulting from leakage of blood into the tissue. It may result from the needle going through the back wall of the vein, excessive pressure of the tourniquet or inadequate pressure on the arm after removal of the needle.

Haematomas usually resolve spontaneously without any long-term effect, although it often takes 2 or 3 weeks or longer to resolve completely.

If a haematoma develops before you leave the collection venue, pressure or an ice pack will be put on the venepuncture site to stop the leakage. It is important not to overuse the affected arm for 24 hours after a haematoma occurs as it may start the blood leakage again.

Occasionally the pressure from the haematoma damages the surrounding muscles and nerves or on rare occasions the haematoma may become infected. It is important that you contact the Blood Centre to seek appropriate advice if any of the following events occur.

- The swelling becomes worse
- The pain intensifies
- You feel a tingling sensation or numbness of the fingers
- Your arm feels hot or tender
- There are other changes that may worry you

A change in the colour of the skin on and around the haematoma is part of the normal healing process.

If you are unable to obtain advice from the Blood Centre please ensure that you contact your own doctor or an emergency service.

If you have any queries about information in this leaflet please contact one of our centres listed below.

Auckland Donor Centre

71 Great South Rd, Epsom **09 523 5733**

North Shore Donor Centre

441 Lake Rd, Takapuna **09 489 8858**

Manukau City Donor Centre

Unit B, 13 Cavendish Drive **09 263 4667**

Tauranga Donor Centre

154-168 Cameron Road **07 578 2194**

Hamilton Donor Centre

cnr Lorne & Ohaupo Streets **07 839 3679**

Palmerston North Donor Centre

Gate 12, Ruahine St **06 350 0963**

Wellington Donor Centre

Hospital Road, Newtown **04 380 2243**

Christchurch Donor Centre

15 Lester Lane, Addington **03 343 9040**

Dunedin Donor Centre

170 Crawford Street **03 477 9920**

**After hours call
0800 SAFE BLOOD (0800 723 325)**

Leaflet prepared and provided by New Zealand Blood Service.

Private Bag 92071, Victoria Street West, Auckland 1142.

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nzblood.co.nz