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Bruise care at Home for Patients Taking Blood Thinner Medications



How do bruises occur in patients taking blood-thinning medications?

Bruises occur when blood vessels under the skin rupture and the retained blood forms a black, purple or blue bruise that changes color as it heals. Bruising is a common complication among patients taking blood-thinning medications.



How do I take care of and treat bruises when they occur?

In most cases, bruises are not emergency cases and can be treated at home by following these steps:

1. Rest and protect the bruised area.
2. Apply an ice pack wrapped in a thin cloth to the bruise and leave it on for up to 20 minutes.
3. Repeat this step 3 or more times a day for a day or two after the injury to help reduce swelling and pain.



How do I take care of and treat bruises when they occur?

1. Avoid things that increase swelling for the first couple of days after the injury such as hot showers, hot tubs and hot packs.
2. Use a pillow to lift the bruised area anytime you sit or lie down.
3. Try to keep the bruised area at or above the level of your heart, if possible, to help minimize swelling.



Notes:



Sources and references:

All illustrations from [canva.com](https://www.canva.com)

Review and audit:

The content of this booklet has been reviewed by the Department of Pharmacy Services at King Fahd University Hospital in Khobar.

Department of Pharmacy Services

Health Awareness Unit

IAU-24-584



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