

Contusion/Hematoma

What is it?

- **Contusion** – a bruise, an injury to biological tissue in which the capillaries are damaged, allowing blood to seep into the surrounding tissue
 - **Caused by**- blunt impact, often induce pain, not normally dangerous
 - Can be Serious- can lead to more life threatening forms of hematoma, associated with serious injuries as fractures or internal bleeding, increases with age due to the skin becomes thinner and less elastic
- **Severity of Bruises**- are scored on a scale of 0-5 with 5 being the more severe and danger of injury
 - **Light Bruise**- no danger
 - **Hemoglobin**- produces a red-blue color
 - **Biliverdon**- produces a green color
 - **Bilirubin**- produces a yellow color
 - **Hemosiderin**- produces a golden-brown color
 - **Less than Moderate Bruise**- little damage, inflammation
 - **Moderate Bruise**- some damage, bleeding and excess blood may cause a hard, fluctuating lump or swelling hematoma
 - **Serious Bruise**- dangerous, blunt trauma causes severe bruising by shock waves and may cause severe and fatal harm to internal organs
 - **Extremely Bruise**- Dangerous, bones may be broken, tendons bruised and joints sprained
 - **Critical Bruise**- Risk of death, impact to the head can cause traumatic brain injury with potential to cause a concussion, coma and death; severe injuries in difficulty in moving a limb, abdominal bruising, and the feeling of fluid under the skin may indicate life threatening injury



Facts:

- **Use a muscle too early before healing** –bone tissue may form inside the muscle, causing permanenet stiffness, pain and disability, severe bruising may take up to a year to heal



What can I do?

- **See your Health Care Provider**- no intervention to emergency surgery to relieve the pressure on the brain