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## Easy Bruising Fact Sheet

### **What is a bruise?**

- A bruise occurs when you sustain a blow to somewhere on your body that breaks blood vessels near the surface of your skin, allowing a small amount of blood to leak into the tissues that are under your skin. The blood that is trapped may then cause this bruise that initially looks like a black-and-blue mark and then changes color as it heals. Some people may bruise spontaneously or just more easily than others they know.

### **How do I know if I bruise easily?**

- It's hard to tell if you are an easy bruiser because all you have ever known is how you bruise and it just seems "normal" to you. However, if you bruise spontaneously (don't remember having "injured" yourself) or you bruise after barely hitting that spot where you bruised, you may have "easy bruising".

### **What should I do if I bruise easily?**

- You should contact BCDI if you have easy bruising as this may be a sign of an underlying bleeding disorder. BCDI can evaluate if you have any other bleeding symptoms and potentially do an evaluation for a bleeding disorder.

### **When should I contact the doctor?**

- If I have painful swelling in the bruised area
- Notice a lump (hematoma) that forms over the bruise
- Are having abnormal bleeding elsewhere, such as your nose or gums.
- Have a family history of easy bruising/bleeding or have had increased bleeding during or after a surgical procedure.