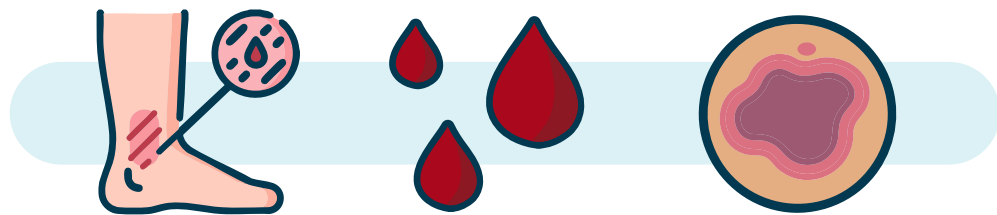


# Easy Bruising Fact Sheet



## 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 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.

