

Bruises

Colorguard's "Black and Blue Badge of Courage"

That sabre hit you WHERE?? In any guard, there are bound to be injuries. If you or anyone is hurt at practice or whatever, you **MUST** tell your director immediately! If he/she isn't there, find an adult and tell them. These tips are just for reference, just in case your band director or adult doesn't know what to do. These methods are put here just for your reference. All first aid tips come from the Kaiser Permanente Healthwise Handbook.

Bruises (contusions) are usually caused by a bump or fall, which ruptures small blood vessels under the skin. Blood seeps into the surrounding tissues, causing the black and blue color of a bruise.

People who take blood thinners (anticoagulants) or aspirin may bruise easily. A bruise may also develop after blood is drawn.

A black eye is a type of bruise. Apply home treatment for a bruise and inspect the eye.

TREATMENT

- Apply ice or cold packs for 15-minute intervals during the first 48 hours to help vessels constrict and reduce swelling. The sooner you apply ice, the less bleeding will result.
- If possible, elevate the bruised area. Blood will leave the area and there will be less swelling.
- Rest the limb so you don't injure it further.
- If the area is still painful after 48 hours, apply heat with warm towels, a hot water bottle, or a heating pad.

WHEN TO CALL THE DOCTOR

- If signs of infection develop: Increased pain, swelling, redness, or tenderness; Heat or red streaks extending away from the area; Discharge of pus; Fever of 100 degrees F or higher with no other cause
- If a blow to the eye causes: Severe bleeding in the white of the eye, or blood in the colored part of the eye; Impaired or double vision; Inability to move the eye normally in all directions; Severe pain in the eyeball rather than in the eye socket
- If you suddenly begin to bruise easily, or if you have unexplained recurrent or multiple bruises.

I've noticed that if you saturate a cotton ball with pure witch hazel and put the cotton directly on the bruise, the bruise becomes less noticeable and it heals faster. You can get witch hazel at most any grocery store.

A tip submitted by Catherine: If you bruise easily, you might want to start taking vitamins with iron in them. She had started bruising really easily in the last month, and she started taking vitamins with iron in them for the last week and a half, and she noticed that she doesn't bruise as easily. (Susie's note: Don't take iron pills or any other medication for **ANYTHING WITHOUT CONSULTING YOUR DOCTOR FIRST**. You can try taking vitamins, but if you keep bruising, there might be a serious problem and you should see your doctor as soon as possible.)

...from Kaiser Permanente Healthwise Handbook