

# Injury Assessment Report

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**Injury Type: Bruise**



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## **Precautions:**

- Apply ice wrapped in cloth for 15-20 minutes several times a day
- Rest and elevate the affected area if possible
- Avoid heat for the first 48 hours
- Avoid massage or pressure on the bruise
- Protect the area from further injury
- Monitor for severe pain or increased swelling

## **Recommended Medications:**

- Pain relievers (Acetaminophen)
- Avoid aspirin and ibuprofen initially as they may increase bleeding
- Arnica gel or cream
- Vitamin K cream to help with healing
- Bromelain supplements to reduce swelling
- Witch hazel for compression

Disclaimer: This report is generated by an ML system and is not a substitute for professional medical advice. Please consult a healthcare professional for proper diagnosis and treatment.