



Subungual Hematoma

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
				✓	✓	✓

Steps

Ensure you are always wearing proper PPE before performing the skill.

1. Explain the procedure to the patient.
2. Thoroughly examine the affected area.
3. Clean the affected area.
4. Place the affected hand or foot on a firm, stationary surface.
5. Using the appropriate tool, create a small hole in the centre of the blood pocket to release the pressure.
6. Clean the affected area.
7. Apply a sterile dressing.

Organizational/local protocol for _____ :

Skill Notes

- Use a nail drill to create a small hole in the nail above the fluid pocket, or heat the end of a paperclip until it is red-hot and use it to create the hole.
- Because there are no nerve endings in this area, the procedure should be painless.
- If pressure builds over time, the hole may need to be reopened.