

# Injury Assessment Report

Date: 2025-08-12 14:57:30

**Injury Type: Bruise**



## **Precautions:**

- Elevate the bruised area above heart level to help minimize swelling.
- Apply a cold pack wrapped in cloth for 10–20 minutes immediately after injury.
- Reapply cold compresses every few hours during the first 24–48 hours.
- Use a loose elastic bandage to gently compress the area if swelling occurs.
- Rest the injured body part and avoid further physical impact.
- Avoid taking aspirin unless prescribed, as it can worsen bleeding under the skin.

## **Recommended Medications:**

- Use ice packs to reduce internal bleeding and swelling under the skin.
- Apply an elastic compression wrap to help control swelling and provide support.
- Take ibuprofen to relieve pain and decrease inflammation.
- Use acetaminophen for pain relief if ibuprofen or NSAIDs cannot be used.
- Apply arnica gel topically to promote bruise healing and reduce discomfort.
- Use topical analgesics like diclofenac or lidocaine to relieve localized pain.

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.