



Home → Health Topics → Bruises

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Bruises

Also called: Contusion, Ecchymoses

A bruise is a mark on your skin caused by blood trapped under the surface. It happens when an injury crushes small blood vessels but does not break the skin. Those vessels break open and leak blood under the skin.

Bruises are often painful and swollen. You can get skin, muscle and bone bruises. Bone bruises are the most serious.

It can take months for a bruise to fade, but most last about two weeks. They start off a reddish color, and then turn bluish-purple and greenish-yellow before returning to normal. To reduce bruising, ice the injured area and elevate it above your heart. See your health care provider if you seem to bruise for no reason, or if the bruise appears to be infected.

Start Here

- Bruises [<https://kidshealth.org/en/teens/bruises.html>] (Nemours Foundation)
- Bruising Questions: The What, Why, and How of Bruises [<https://newsinhealth.nih.gov/2022/01/bruising-questions>]  (National Institutes of Health)
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/preguntas-sobre-moretones>]

Treatments and Therapies

- Black Eye: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-black-eye/basics/ART-20056675?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-black-eye/basics/art-20056675?p=1>]
- Bruises, First Aid [<https://skinsight.com/skin-conditions/first-aid-bruises/?lmiw9cApl=1>] (VisualDX)

Specifics

- Bruising Hands and Arms [<https://www.aocd.org/page/BruisingHandsAndArms?>] (American Osteopathic College of Dermatology)
- Immune Thrombocytopenia (ITP) [<https://www.nhlbi.nih.gov/health/immune-thrombocytopenia>]  (National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/trombocitopenia-inmunitaria>]
- Muscle Contusion (Bruise) [<https://orthoinfo.aaos.org/en/diseases--conditions/muscle-contusion-bruise/>] (American Academy of Orthopaedic Surgeons)
- What Is a Black Eye? [<https://www.aoa.org/eye-health/diseases/black-eye>] (American Academy of Ophthalmology)
Also in Spanish [<https://www.aoa.org/salud-ocular/enfermedades/ojos-negros>]

Images

- Bruise healing - series [https://medlineplus.gov/ency/presentations/100207_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100207_1.htm]

Clinical Trials

- ClinicalTrials.gov: Contusions [<https://clinicaltrials.gov/search?cond=%22Contusions%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)
- ClinicalTrials.gov: Hematoma [<https://clinicaltrials.gov/search?cond=%22Hematoma%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Automatic recognition and differentiation of pulmonary contusion and bacterial pneumonia based... [<https://www.ncbi.nlm.nih.gov/pubmed/40597898>]
- Article: Bone Bruise Patterns After Noncontact Anterior Cruciate Ligament Tears Differ Between... [<https://www.ncbi.nlm.nih.gov/pubmed/40263927>]
- Article: Optimizing the detection and characterization of bruises using multispectral imaging. [<https://www.ncbi.nlm.nih.gov/pubmed/39985864>]
- Bruises -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Contusions%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comm+ent%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Children

- Black Eyes (For Parents) [<https://kidshealth.org/en/parents/black-eyes.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/black-eyes.html>]
- Immune Thrombocytopenia (For Parents) [<https://kidshealth.org/en/parents/immune-thrombocytopenia.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/immune-thrombocytopenia.html>]
- Subconjunctival Hemorrhage (For Parents) [<https://kidshealth.org/en/parents/subconjunctival-hemorrhage.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/subconjunctival-hemorrhage.html>]
- What's a Bruise? [<https://kidshealth.org/en/kids/bruise.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/kids/bruise.html>]

Teenagers

- Quadriceps Contusion [<https://kidshealth.org/en/teens/quad-contusions.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/quad-contusions.html>]

Older Adults

- Easy Bruising: Why Does It Happen? [<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/easy-bruising/art-20045762?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/healthy-aging/in-depth/easy-bruising/art-20045762?p=1>]

Patient Handouts

- Bleeding into the skin [<https://medlineplus.gov/ency/article/003235.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003235.htm>]
- Bruise [<https://medlineplus.gov/ency/article/007213.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007213.htm>]



MEDICAL ENCYCLOPEDIA

Bleeding into the skin [<https://medlineplus.gov/ency/article/003235.htm>]

Bruise [<https://medlineplus.gov/ency/article/007213.htm>]

Bruise healing - series [https://medlineplus.gov/ency/presentations/100207_1.htm]

Related Health Topics

Bleeding [<https://medlineplus.gov/bleeding.html>]

Bleeding Disorders [<https://medlineplus.gov/bleedingdisorders.html>]

Platelet Disorders [<https://medlineplus.gov/plateletdisorders.html>]

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