

First aid for bruises

1. Check your pet

Check your pet for any other signs of illness or injury and contact your vet if you are concerned.

- **Has your pet been crushed?**
Pets that have been crushed or trapped should always be seen by a vet. Crush injuries are very serious and often take a few days to appear.
- **Multiple bruises**
You should contact your vet if your pet has multiple or unexplained bruises, this could be a sign of a bleeding problem.

2. Assess the bruise

- **Cold compresses**
Cold compresses help reduce swelling and further bleeding under the skin. You can make a cold compress by wrapping an ice pack or some frozen peas in a towel. Hold it to the area for a few minutes. If your pet becomes uncomfortable or distressed, stop.

3. Monitor the bruise

Most bruises should disappear after approximately two weeks. Take your pet to the vets if their bruise is still there after this time.

Published: Feb 2019