



Information for  
patients and  
carers

## Haematoma

## What is a Haematoma?

A haematoma is a collection of blood which is located outside the blood vessels. They can be found under the skin within a soft tissue and display as a purple coloured bruise. Sometimes, haematomas may not show up as a bruise and can be deeply located. Deeply located haematomas can be felt as a spongy or rubbery lump.

Haematomas are usually caused by an injury to blood vessel walls (such as veins or arteries) which allow the blood to escape and collect together to form a lump.

These usually occur following blunt force injury such as a fall. However, sometimes haematomas can develop without trauma, so-called spontaneous haematomas. Sometimes haematomas are associated with pain / discomfort, but sometimes they cause no symptoms at all (asymptomatic) and simply present as a lump.

## Investigations and Treatment:

Most haematomas don't require investigation, as there is usually a defined cause present, for example trauma. However, lumps presenting without an obvious cause will require some further investigations. In this case, haematomas are usually investigated through the use of CT scans and/or MRI scans. Depending on the location of the haematoma, the type of diagnostic imaging needed may differ.

Asymptomatic haematomas can resolve themselves with self-care such as resting, applying an ice pack to the area, compression and elevation.

However, if the haematoma is symptomatic, then surgical drainage may be necessary in order to relieve pressure.

## Follow-up protocol:

Following the diagnosis of a haematoma, you may be asked to come back for follow-up CT scans for monitoring.

Following a surgical procedure, continued observation may be necessary.

## Contact Details:

Should you require further advice or information please contact:

Clinical Nurse Specialists – 01772 522492

## Sources of further information:

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.balancededinburgh.co.uk/essential-guide-lower-back-pain/haematoma](http://www.balancededinburgh.co.uk/essential-guide-lower-back-pain/haematoma)

[www.rxlist.com/hematoma/drugs-condition.htm](http://www.rxlist.com/hematoma/drugs-condition.htm)

[www.medicalnewstoday.com/articles/324831#treatment](http://www.medicalnewstoday.com/articles/324831#treatment)

[www.medicinenet.com/hematoma/article.htm#how\\_do\\_medical\\_professionals\\_diagnose\\_a\\_hematoma](http://www.medicinenet.com/hematoma/article.htm#how_do_medical_professionals_diagnose_a_hematoma)

[www.mayoclinic.org/diseases-conditions/intracranial-hematoma/diagnosis-treatment/drc-20356149](http://www.mayoclinic.org/diseases-conditions/intracranial-hematoma/diagnosis-treatment/drc-20356149)

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

**Arabic:**

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

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