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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

When your Child Has A Bone Bruise

Childhood is full of lumps, bumps, and bruises—and the associated trips to the pediatrician! Bruises occur when an injury breaks tiny blood vessels just beneath the skin and the blood leaks out into the surrounding tissue causing discoloration and soreness. Bruises occur just beneath the skin, into muscle fiber, or on the outside layer of a child's bone. Bone bruises are the most severe and painful type of bruise. They can last a few weeks or even months, but children can return to normal activities about three to four days into the healing process. Treat bone bruises with rest, icing every two hours, and elevation, and be sure to have the pediatrician evaluate the injury.

We are pleased to present this column as a public service. Here, our qualified pediatricians and staff have dedicated their lives and careers to caring for the well-being of your children. We will effectively diagnose and treat any illnesses your children may have and work with families to maintain the overall quality of your children's health. For further information about today's column, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

P.S. Children's bones really are different from adults bones, and they require special care in order to keep growth plates from being damaged.

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