

PHLEBOTOMY AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Please follow the aftercare advice for phlebotomy (taking blood).

- You may have some localised tenderness in the site that the blood was taken from afterwards, this should usually resolve within 48 hours.
- You may experience bruising after having blood taken. Bruising is common and may take 1-2 weeks to resolve.
- Keep the area clean afterwards.
- In the unlikely event of bleeding afterwards from the site of the blood test, sit quietly and apply firm pressure to the area for 20 minutes. You can use a swab, clean cotton wool pad, a clean towel or flannel.
- You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after the blood test. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must contact your practitioner as soon as possible if you experience any other unwanted side effects after having blood taken.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.