

Patient Care After Blood Collection



Immediately after your test:

Keep the dressing in place for at least **30 minutes to 1 hour**

For the next 24 hours:

Avoid wearing tight or restrictive clothing on the affected arm

Avoid strenuous use of the arm, including sports, heavy lifting, pushing, or pulling

If you experience any of the following symptoms:

Bleeding

- Apply firm pressure directly over the site
- Raise your arm until the bleeding stops

Pain, swelling, or bruising

- Rest and elevate your arm
- Apply an ice pack for a few minutes at a time, as needed

When to seek medical advice

- If the bleeding does not stop
- If pain or swelling worsens
- If you are concerned about any symptoms

If you have any questions or concerns, please contact your healthcare provider

