


Document Title:	After Care Instructions	
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Thank you for having your specimen collected at Northern Pathology Victoria. Please follow the instructions given to you by the collector to reduce side effects such as bruising, bleeding and discomfort.

- Leave the dressing in place for 30 minutes to an hour.
- Avoid tight or restrictive clothing on the arm.
- If bleeding occurs, apply firm pressure with your fingers directly over the venepuncture site.
- If bruising occurs place an icepack on the puncture site, and rest the arm for the rest of the day.
- Avoid strenuous use of the arm e.g. carrying heavy bags, sports or general heavy lifting.
- If you have discomfort or swelling of the arm, elevate your arm and place ice over the site for 10 minutes. Rest the arm as much as possible.
- If any of the side effects persist then contact the pathology collection center where you had your blood test completed.