

Recognising a Bleed

Observing your child

At changing or bath time

- Look at his skin. Are there any new bruises?
- Are his legs equal in size? His arms? Are they moving the same way?
- Is there any bruising or swelling in the nappy area?

After a fall or bump

- Are there any signs of a bleed?
- Has he bumped his head? All bumps to the head should be reviewed by the doctor

In general

- Does he avoid reaching for things with the nearest hand?
- Is he avoiding particular actions?
- Is he favouring one leg?

Signs of bleeds

Muscle and joint bleeds

- The area may feel tight, warm or swollen
- The limb is often painful, stiff or difficult to extend
- The limbs may be unequal in appearance

Bumps to the head

- There may be obvious swelling, lumps or bruising
- There may be no mark at all - but always seek help from the Haemophilia Centre

Mouth bleeds, gastrointestinal (GI) and urinary tract bleeds

- Visible bleeding from mouth or tongue
- Bloody or black tar like motions (except in new born babies)
- Red or brown urine

General

Your son is miserable or crying for no apparent reason (not because he's hungry, thirsty, needs his nappy changing or wants a cuddle).



Affix a photo of your child/family here

What to do

- Call your Haemophilia Centre for advice
- If you're used to home infusion, follow the doctor's instructions on treating a bleed and then consider contacting your Haemophilia Centre for further advice
- If there is swelling or discomfort, wrap a bag of frozen vegetables or some ice cubes in a towel and apply to the area
- Never give your son any medicine that contains aspirin (acetylsalicylic acid). Aspirin slows down blood clotting

Young children with haemophilia should be cared for like any other young child. Just be a little extra vigilant so you can learn to recognise bleeds.

Always call your Haemophilia Centre if you are worried or unsure and need help.

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BAXTER & YOU

Shaping the future of haemophilia together

For more information about haemophilia, visit www.haemophiliacare.co.uk