



Dealing with bleeds

Information for children and young people with haemophilia

Treating bleeds as soon as they happen can help them heal quickly and reduce the long-term effects on your joints or muscles. This information sheet tells you how.

How do I know if I have had a bleed?

Normally, the joint or muscle will feel hot, swollen and painful. You might find it more difficult to use that part of the body. Some people say that they get a fizzing feeling in the area.

What should I do?

Treating the joint or muscle bleed quickly is very important. You should know how much treatment to give yourself. If you have forgotten how to treat a bleed, you can call us on the phone number at the end of this information sheet.

We suggest that you leave some treatment at school, so that you or someone elsewhere can treat you quickly. As soon as you think you are having a bleed, treat yourself.

Also, remember the word **PRICE** – these letters stand for important steps in getting your joint or muscle better.

P is for Protection

Try to take your weight off the joint or muscle. If it is your ankle or knee, you could use a buggy or crutches. You may need to keep your weight off the area for a couple of days.

R is for Rest

This helps the healing process. Try to allow the joint or muscle to rest. As well as keeping your weight off as above, try not to use the joint or muscle too much.

I is for Ice

Ice can help with pain, reduce bleeding and swelling. Put an ice pack, wrapped in a tea towel, over the affected area for 15 minutes maximum. You can repeat this

every two hours. Do not leave the ice pack on for more than 15 minutes, or repeat it more often than every two hours, or put the ice pack directly on your skin.

C is for Compression

Sometimes an elasticated bandage can help reduce swelling. This should only be used with the advice of your physiotherapist.

E is for Elevation

This can also help reduce swelling by moving the blood away from the joint or muscle. Elevate the affected joint or muscle. If it is your ankle or knee, you could lie on the sofa with your leg on some cushions. If it is your elbow or hand, you could rest it along the back of the sofa or put it in a sling.

Do I need physiotherapy?

After you have had a bleed, it is important to make sure that your joints and muscles move in the same way and are as strong as before the bleed. Sometimes, you will need to come to the Haemophilia Centre to see the physiotherapist. You may have exercises to do, which will help your joints and muscles heal well, or you may have treatment in the hydrotherapy pool or gym.

If you have any questions about haemophilia bleeds, please call us

Haemophilia Centre: Monday to Friday, 8.30am to 5pm – 020 7829 8846

Haemophilia Physiotherapist: Monday to Friday, 8.30am to 5pm – 020 7762 6778

Outside these hours: 020 7405 9200 and ask to speak to the on call haemophilia doctor