

# Best Practice

Aiming to provide information on the minimum standards required to establish safe practice during collection and handling of venous blood samples



The National Association of Phlebotomists

Taking phlebotomy forward through professional recognition, the sharing of knowledge and the developing of skills

## Post-Venepuncture Care

Follow these steps to ensure your puncture site heals quickly and without complications:

1. Leave the dressing on the site for 30 minutes.
2. Avoid activities that may put stress on the puncture site.
3. Temporarily carry items with the opposite arm.
4. Avoid lifting or carrying heavy objects

Minor bruising at the puncture site may occur, but if you notice bleeding from the site, apply pressure for at least 15 minutes.

These conditions are rare, but may occur:

- Significant bruising at the puncture site;
- Bleeding from the puncture site;
- Swelling;
- Discomfort;
- Tingling or numbness in the limb.

If you experience these or any other symptoms, contact your GP for further advice.