

**Someone's *life* depends on *YOU*.**

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## **Pain in the arm**

Mild pain after a blood donation is not unusual, especially if a bruise is also present. Any pain should resolve within a day or two. However, the following symptoms need to be reported to the Virginia Blood Services Customer Service Advocate, because they may indicate a more serious problem:

- Severe pain that interferes with function of the arm or hand.
- Tenderness at the site of donation, especially if accompanied by redness, swelling, red streaks or fever.
- Weakness in the muscles of the arm or hand.

*If you have any questions about donating blood, please do not hesitate to contact our Customer Service Advocate at (804) 213-4214 or (800) 989-2201. Your comfort and well-being are important to us.*

