

## MINOR SKIN WOUND CARE

- **Bruises:** Apply cold compresses to lessen the pain. Call the doctor for crushing injuries, very large bruises, or very painful bruises.
- **Cuts:** Wash small cuts with water until clean, use a mild soap only if necessary to adequately clean the area. Use direct pressure with a clean cloth, paper towel, or even an unused maxi-pad to stop bleeding. If only a superficial cut, apply antibiotic ointment such as Neosporin, Mycitracin, Bacitracin, mupirocin, or store brands of these. Apply a bandage (that does not stick to the wound itself) as necessary. Keep the wound clean and dry until good healing has taken place, the wound is no longer oozing, and is well scabbed over. For larger cuts that gape open, don't close properly, or don't stop bleeding, go to a local urgent care center for stitches as soon as possible. For a wound with major bleeding, call 911.
- **Scrapes:** Flush the area with water to remove dirt and germs. Use a mild soap only if necessary to remove grime. Apply antibiotic ointment and nonstick bandage as required.
- **Splinters:** Remove small splinters with tweezers, then wash off and apply an antibiotic ointment. If you are unable to completely remove a deeper splinter, call us.
- **Punctures:** Wash the area thoroughly with soap and water. Do not attempt to remove large or deeply penetrated objects without medical assistance. Apply direct pressure to control bleeding. Be aware that sharp objects that poked through the sole of a sneaker into the foot can set up deep wound infection that may need medical attention.
- **Burns:** First, stop the source of burn by removing your child from contact with hot water, hot object, or whatever. Run cool water over the burn area for several minutes until the pain stops. Do not use ice, and do not put any antibiotic cream, butter, or lotion onto the burn area as these can interfere with healing. Do not break any blisters that form at the burn site as intact blisters help protect the wound from infection. Large burns, deep burns, any electrical burns, or burns on the face, hands, or genitals all warrant a trip to the emergency room if not a call to 911.
- **Stitches & Staples:** If stitches or staples were required, keep the wound clean and dry until they are removed. Cover the wound with a sterile dressing (Band-Aid, Telfa, etc.) as necessary, unless the cut is in the hair of the scalp.
- **Other tips:**
  - If the wound is on the arm or leg, elevate the wound on a pillow to help relieve swelling and soreness.
  - A towel-wrapped cold-pak applied to the wound for 10 minutes every few hours for the first two days can help decrease pain and swelling. Do not apply directly to the skin as frostbite may occur.
  - You may give Tylenol if necessary for discomfort.
  - Make sure your child is up to date on tetanus immunization. Generally, all of our patients are fully vaccinated, including a tetanus shot every five years or so. If you're not sure, call and ask.
  - Check the wound of a child twice a day until healing has occurred. Clean out obvious dirt and lint with a small amount of soap and water.
  - **Infected Wounds:** Any sign of infection should be brought to our attention::
    - ❑ Persistent or increasing pain at the site of the wound
    - ❑ Fever over 101°F
    - ❑ Swelling or numbness at a point below the wound
    - ❑ Red streaks or lines running in directions away from the wound
    - ❑ Drainage or pus from the wound.