

Self Care for Cuts and Abrasions

Minor cuts and abrasions are very superficial injuries to the skin that usually heal within 2 weeks. This advice pertains only to these types of wounds which can be managed safely at home with self-care.

Treatment:

- Clean the wound thoroughly with a mild soap and water.
- Apply an over-the-counter antibacterial ointment to your wound 2 to 3 times a day while healing.
- Keep the wound covered with gauze or an adhesive bandage when out and about. You can uncover the wound, if it is not oozing or painful, when at home.
- Do not swim until the wound is healed.

Warning Signs (Seek medical attention immediately):

-If your wound penetrated below the visible surface of the skin and you are not sure when your last tetanus shot was or if it has been more than 5 years since your last booster.

-If your wound is gaping where the edges do not touch or where underlying bones, fat or tendons are exposed.

-If you are experiencing numbness, loss of function, or weakness in the area of the wound.

-If bleeding will not stop with direct pressure or the wound is spurting blood.

-If signs of infection develop such as fever of 100.5 degrees F or higher; drainage; increased redness, swelling, or pain; or redness is spreading away from the wound.