

## CARE OF CUTS & SCRAPES

Most minor cuts and scrapes heal on their own but because the skin, which serves as the protective barrier, is damaged, taking care of the wound is important to prevent infection.

### TREATMENT

-If bleeding from a cut, the bleeding has to be stopped first.

Applying pressure with a clean cloth or tissue. If possible, elevate the injured part above heart level to stop the flow of blood.

-You have to seek professional attention with the following:

A very deep cut, wound edges are jagged, a large scrape with full of debris, and a puncture wound caused by a dirty object.

A practitioner may stitch the wound and give you a Tetanus shot. If a cut has to be stitched, it must be done within 6 hours of the injury to prevent infection.

### SELF-CARE

If you have determined that you can treat the wound yourself, try the following:

- Clean the cut with soap and water.
- You may use an antibacterial soap.
- Remove any dirt particles, using clean tweezers if necessary.
- Once the wound is clean, you may want to cover it especially if it is on the hand, finger, or other area that is likely to get dirty.
- Be aware that some wounds heal faster if they are kept dry and exposed to air.
- You may use cold application to reduce swelling.
- Make sure your Tetanus shot is up-to-date.

Every adult needs a shot every 10 years.

### OVER-THE-COUNTER TREATMENT

A number of topical medications can be used to treat cuts and scrapes, including antiseptics and antibiotics. Particularly, topical antibiotics are used to prevent infections of minor wounds, and also help kill bacteria when the skin is infected.

#### References:

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