

Wound Care

- Abrasions are usually the least serious type of wound, in which the outer layers of skin or mucous membrane are rubbed or scraped away.
- Incision wounds are clean cuts by sharp objects such as a knife, glass or razor. Treatment consists of controlling bleeding, cleaning the wound and bringing the edges of the wound together by suturing or applying sterile adhesive strips until wound heals.
- Lacerations are wounds that have torn or irregular (jagged) edges. The treatment is the same as for incised wounds, except that with this type it is more frequently necessary to remove dead or crushed skin tissue before the edges are brought together.
- Puncture wounds are made needles, nails or other sharp objects. This type of wound penetrates to various depths, and the point of entry seals over quickly. The wound is always contaminated and protection against infection is important.

Self Care

- Clean wound with water, Hydrogen Peroxide, and/or Betadine Solution.
- Apply local antibiotic ointment, bandage or gauze dressing.
- Keep wound clean & dry. Change dressing if soiled or wet.
- If signs or symptoms of infection occur, including: increasing pain, temperature above 100° F, increased swelling, red streaks radiating away from the wound, return to the clinic or see your doctor.

Medication

- Up date Tetanus shot every 7-10 years.
- Topical antibiotic ointment.
- Oral antibiotics as prescribed by your doctor.

