



Self-Care for Small Cuts & Scrapes



INITIAL CARE:

- As soon as possible after injury, cleanse wound well with soap and lots of water.
- Remove all dirt and foreign material.
- Cover with a clean dry bandage for 24-48 hours, if the wound is wet or bleeding.
- Elevate the injured area as much as possible to help relieve pain and promote healing.
- Keep the dressing clean and dry and change as often as needed.
- If the fingers or toes below a wound become blue, cold, swollen or numb, loosen the dressing. Replace dressing after bathing or showering.
- Eat a well balanced diet and drink 8 to 10 glasses of water per day.
- Watch for signs of infection.

SIGNS AND SYMPTOMS OF INFECTION:

- Redness, swelling, increased tenderness, or increased warmth of the skin around the wound.
- Red streaks in the skin near the injury.
- Tender bumps or swelling (lymph nodes) near the wound, in the neck, armpit, or groin.
- Pus or cloudy discharge from the wound itself.
- Generalized body aches, chills, or fever.

CONTACT HEALTH SERVICES:

- If your wound won't stop bleeding or you have numbness or difficulty moving a muscle or joint.
- If you develop any signs of wound infection (listed above).
- If you can't get all the dirt or foreign material out of the wound.
- If loosening a tight bandage fails to relieve symptoms of numbness, swelling, cold or discoloration in fingers or toes below the wound.
- If you have been told to come to Health Services for dressing changes.
- If you have been given an antibiotic and you have a reaction to or can't tolerate it.
- If you have any new or unexplained symptoms or anything else that may concern you.
- If it has been more than 5 years since your last tetanus booster or if you don't know when you last received your booster.

CONTACT HEALTH SERVICES IF YOU HAVE ANY
ADDITIONAL QUESTIONS OR CONCERNS.

