

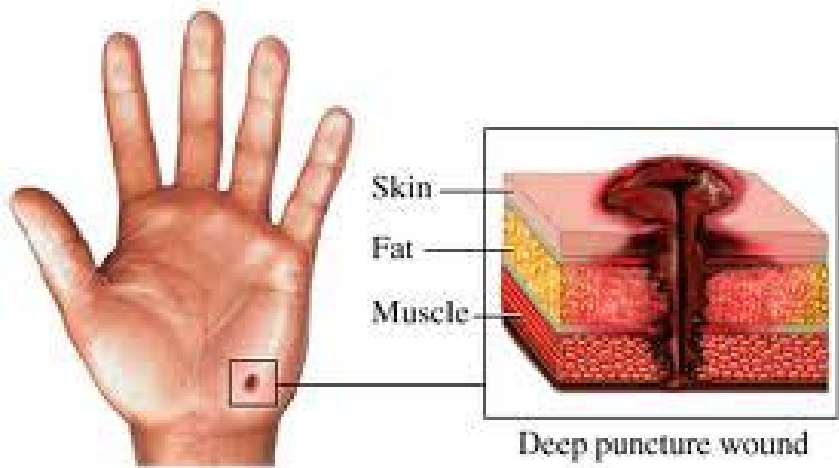
Two adhesive bandages are positioned on a blue grid background. One bandage is vertical on the left side, and the other is diagonal on the right side. Both are light tan with a fine grid pattern.

WOUND CARE

The Basics

What are wounds?

- Wounds like bruises, cuts and scrapes are common injuries
- The principles that you learn in this lesson you will most likely use on a regular basis



Call your doctor if the scrape:

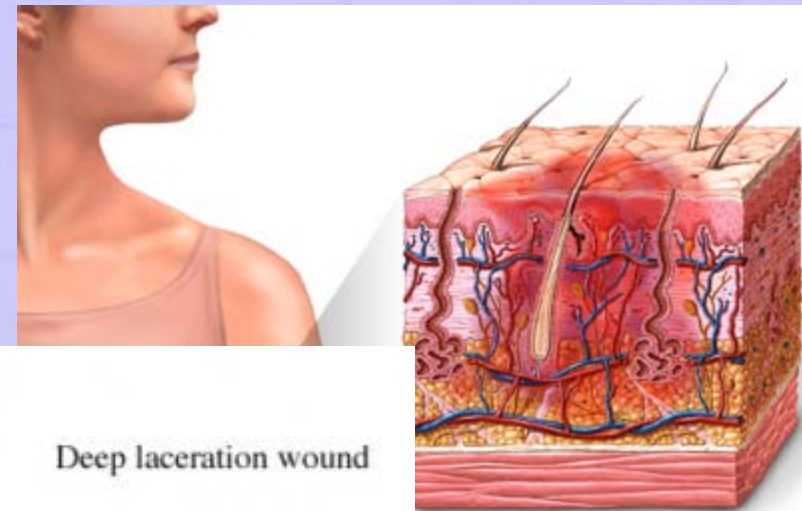
Contains deeply embedded debris

Shows signs of infection (red streaks, pus, fever)

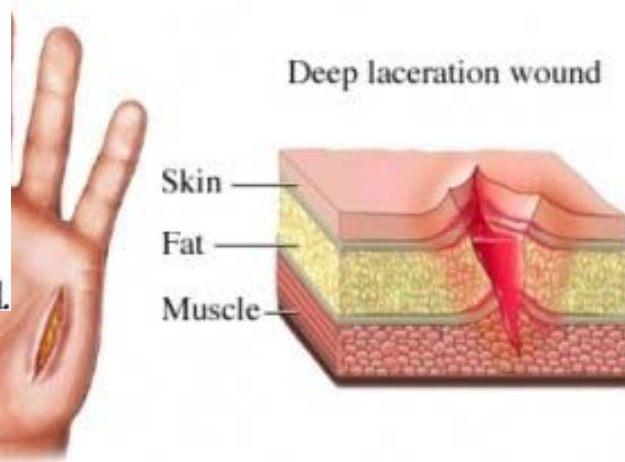
Is very large

You have not had a tetanus shot within 10 years

ADAM.



ADAM.



Skin

Fat

Muscle

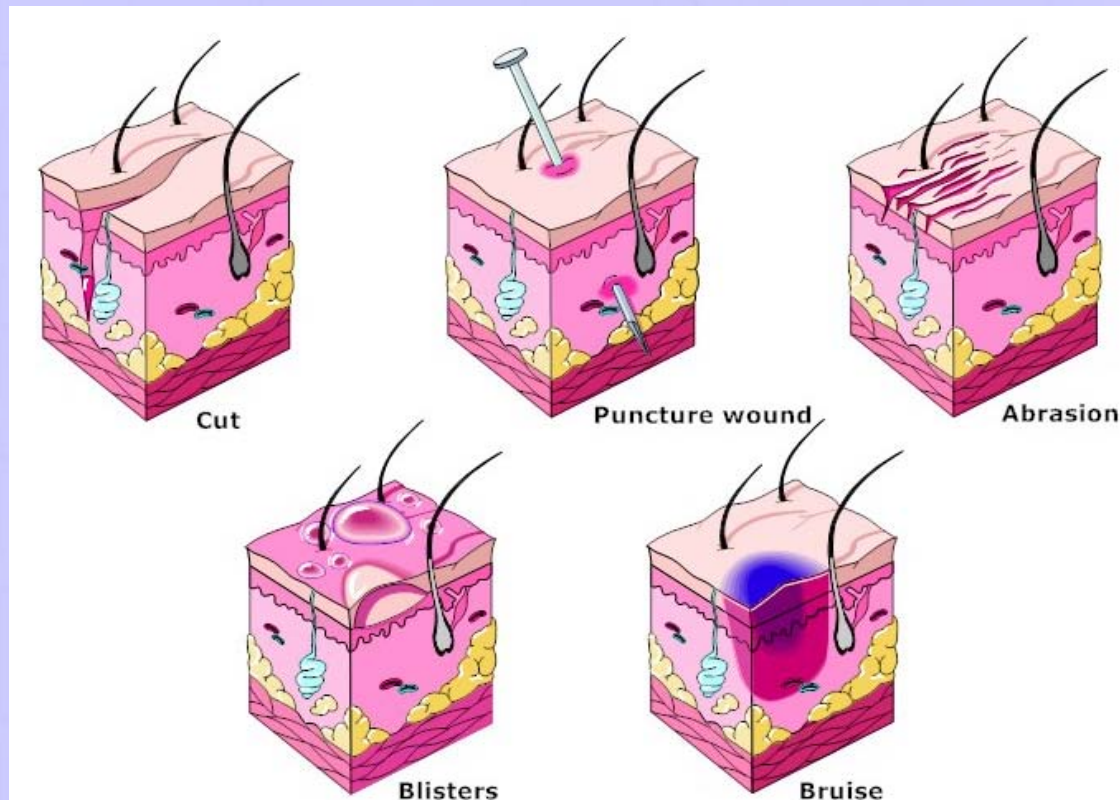
BRUISES

- A **bruise** is a discoloured area of the skin that is created when blood and other fluids seep into nearby tissues
- It is caused by some impact to the body that breaks the capillaries below the skin but does not break the skin (hence the pooling of blood under the skin)
- **What to look for?:**
 - Red, purple or black and blue areas to the skin
 - Swelling
 - pain

- **What to do?:**
 - **CHECK** the scene, **CHECK** the person
 - **CALL** 9-1-1 if you think there are more serious injuries
 - **CARE:**
 1. Cool the area to help reduce pain and swelling
 2. Put a cloth between the skin and ice
 3. Apply ice for 20 minutes in each hour (20 minutes on, 40 minutes off and repeat)
 4. Monitor ABCs

CUTS AND SCRAPES

- Cuts happen any time the skin is split open and the two edges of the skin are broken through
- Scrapes are wounds that the skin has been rubbed or scraped away
- **What to look for?:**
 - Bleeding
 - Pain



- **What to do?:**
 - **CHECK** the scene, **CHECK** the person
 - **CALL** 9-1-1 and get an AED if
 - you think there are more serious injuries or if the bleeding is unstoppable or severe
 - If there is a lot of dirt or debris in the wound
 - If the person requires stitches
 - **CARE:**
 - 1.Put on gloves
 - 2.Wash the wound with soap and water thoroughly
 - 3.If possible rinse the wound with water for 5 min
 - 4.If antibiotic ointment is available use it on the wound (as long as the person is not allergic to ABX)
 - 5.Cover the wound with a sterile, non-stick dressing and/ or bandage
 - 6.Monitor ABCs

When are stitches needed?

- Wounds should be stitched within the first few hours of injury
- Stitches are needed if:
 - The edges of the skin do not fall back together
 - The wound is more than 2.5 cm long
 - The wound is near the joints of the hands or feet
 - The wound is on the face

Sutures aid healing by holding a wound together until the healing process is established



ADAM.

NOTE:

Puncture wounds are treated exactly the same way as cuts and scrapes

NOSEBLEEDS

- Are very commonly mistreated in the community
- **What to do?:**
 - **CHECK** the scene, **CHECK** the person
 - **CALL** 9-1-1 if the person loses consciousness or if the nose bleeds for 15 minutes or longer **OR** if you suspect a head injury
 - **CARE:**
 - Have the person sit with their head slightly forward
 - Pinch the nose at the nostrils (under the vomer) for 10-15 minutes
 - Tell the person to avoid rubbing, blowing or picking the nose
 - If the bleed was caused by a head injury do not pinch the nose

KNOCKED OUT TEETH

- **What to do?**
 - **CHECK** the scene, **CHECK** the person
 - **CALL 9-1-1** if the injury was caused by a blow to the head or if the person was knocked unconscious
 - **CARE:**
 - Control any bleeding by having the person bite down on a sterile or clean dressing
 - Carefully pick up the tooth by the crown (not the root)
 - Gently rinse with water and place in milk, water or the person's own saliva
 - Get the person to a Dentist ASAP