Wounds

Types of Wounds:

- **Abrasions**: Wounds which occur from scraping away the skin through rubbing or scratching. Another name for an abrasion is “Brush Burn”.
- **Lacerations**: Wounds that tend to have irregular and/or jagged edges as a result of the skin being torn or cut.
- **Puncture**: This type of wound is produced by pointed objects such as nails, pins, pencils, splinters, animal bites, etc. Puncture wounds should be evaluated by a health care provider to determine the need for further treatment. Ask to see a triage nurse now.

Self Care Treatment:

- Wash your hands with soapy water before touching the wound
- Rinse the wound thoroughly with warm running water
- Cleanse the wound with soap, rinse thoroughly and blot dry with a clean cloth. However, if the wound is extensive in size, deep and/or bleeding profusely, apply a clean or sterile bandage and seek medical attention ASAP.
- When the wound is dried, apply an antiseptic or antibiotic cream or ointment and apply a dry sterile bandage.

Seek Medical Attention If:

- There is excessive bleeding
- The wound involves layers deeper than the skin and/or is gaping
- **The wound was caused by an animal or human, especially a bite**
- The wound has dirt or other debris in it that will not wash out
- **You have not had a tetanus shot within the last 5 years**
- Any signs of infection: Swelling, redness, pus, increased heat, red streaks or any other concerns you may have.

Please know your health problems and allergies. If your personal health care provider has advised you against implementing any of the following recommendations, or if you have any questions about them or your current condition, please do not perform any of these self care measures until you have contacted a triage nurse (570-389-4451) or your personal health care provider.
Self Care for Wounds