Abrasions

Abrasions are skin scrapes. Their treatment depends on how large and deep the abrasion is. Abrasions do not extend through all layers of the skin. A cut or lesion through all skin layers is called a *laceration*.

HOME CARE INSTRUCTIONS

- If you were given a dressing, change it at least once a day or as instructed by your caregiver. If the bandage sticks, soak it off with a solution of water or hydrogen peroxide.
- Twice a day, wash the area with soap and water to remove all the cream/ointment. You may do this in a sink, under a tub faucet, or in a shower. Rinse off the soap and pat dry with a clean towel. Look for signs of infection (see below).
- Reapply cream/ointment according to your caregiver's instruction. This will help prevent infection and keep the bandage from sticking. Telfa or gauze over the wound and under the dressing or wrap will also help keep the bandage from sticking.
- If the bandage becomes wet, dirty, or develops a foul smell, change it as soon as possible.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- Increasing pain in the wound.
- Signs of infection develop: redness, swelling, surrounding area is tender to touch, or pus coming from the wound.
- An oral temperature above 102° F (38.9° C) develops.
- Any foul smell coming from the wound or dressing.

Most skin wounds heal within ten days. Facial wounds heal faster. However, an infection may occur despite proper treatment. You should have the wound checked for signs of infection within 24 to 48 hours or sooner if problems arise. If you were **not** given a wound-check appointment, look closely at the wound yourself on the second day for early signs of infection listed above.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 09/27/2006 Document Re-Released: 11/30/2009
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