

# Cuts & Scrapes

## Baylor SportsCare

### We'll give you a healthy advantage.

Baylor SportsCare provides the winning combination of education, prevention, medical coverage and sports medicine for athletes of all ages.

- Access Baylor Health Care System specialized sports medicine physicians\* and services throughout the Metroplex
- Medical coverage at games and events utilizing physicians, nurses and licensed athletic trainers
- Educational programs on injury prevention & performance enhancement
- Comprehensive medical support for groups, teams and individuals

For more information about SportsCare, or for help in finding a physician who is right for you, contact your local SportsCare representative at

(972) 512-7404

or call **1-800-4BAYLOR** and ask for "Baylor SportsCare"

\*Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center or Baylor Health Care System. CE 12.07

### Definition

A scrape is an area where the skin is rubbed off. It usually occurs after you fall down or hit something. A scrape is usually not serious, but it can be painful and may bleed slightly.

A cut or laceration is an injury that results in a break or opening in the skin. It may be near the surface or deep, smooth or jagged. It may injure deep tissues, such as tendons, muscles, ligaments, nerves, blood vessels, or bone.

### First Aid

If the wound is bleeding severely, call 911.

Scrapes and cuts are often dirty. Even if you don't see dirt, the wound can get infected. Make sure to clean the area thoroughly.

1. Wash your hands.
2. Wash the cut thoroughly with mild soap and water. (This is important, even when children cry and protest.)
3. Pieces of dirt or debris should be removed with tweezers. However, DO NOT remove a large or deeply embedded object. Seek medical attention.
4. If available, apply antibiotic ointment.
5. Protect cuts with a clean bandage that will not stick to the wound
6. If a small scrape is likely to get rubbed or dirty, apply a non-adhesive bandage. Otherwise let it air dry.
7. Larger scrapes, or scrapes that bleed more, should be covered with a gauze bandage. Ice can help reduce swelling. Do not apply ice directly to the skin.
8. DO NOT breathe on an open wound.

### When to Contact a Medical Professional

Call your doctor if:

- The bleeding is severe, spurting or cannot be stopped
- The wound contains dirt and other debris deep inside.
- The wound is very large or deep, even if the bleeding is not severe.
- The wound looks like it may be infected. Signs of infection include warmth or red streaks at the injured site, pus, or a fever.
- You have not had a tetanus shot within 10 years.
- The injury is due to a human or animal bite.
- There is impaired function or feeling from the cut.
- An object or debris is embedded in the wound.
- You think the wound might benefit from stitches (the cut is more than a quarter inch deep, on the face, or reaches the bone).