

Treating Minor Wounds

This playbook outlines the steps for treating minor cuts and scrapes. It includes cleaning the wound, applying antiseptic, and covering it with a bandage to prevent infection and aid the healing process.

Step 1: **Preparation**

Wash your hands with soap and water to ensure that you are not introducing new bacteria to the wound.

Step 2: **Gentle Cleaning**

Rinse the cut or scrape with cool water to remove any dirt or particles. Do not use hydrogen peroxide or iodine as they can irritate the wound.

Step 3: **Disinfect**

Apply a thin layer of an antibiotic ointment or cream to reduce risk of infection and to keep the wound moist, which can aid in healing.

Step 4: **Covering**

Place a sterile adhesive bandage or a sterile gauze and tape over the wound. Change the dressing daily or whenever it becomes wet or dirty.

Step 5: **Monitor**

Keep an eye on the wound for signs of infection such as redness, swelling, increased pain, or a pus-like discharge.

General Notes

Pain Relief

If the wound is painful, over-the-counter pain relievers like acetaminophen or ibuprofen may be used according to the instructions on the label.

Tetanus Shot

Ensure that your tetanus shots are up-to-date, especially if the wound is deep or dirty.

Medical Attention

Seek professional medical help if the wound is deep, if you cannot remove all debris, or if there are signs of infection.