

INJURY TREATMENT

Basic Wound Care Cuts & Abrasions



Suggestions for the initial treatment of cuts and abrasions:

*** Cuts** Cuts involve a severing of the skin. In soccer this may occur from contact with a sharp edge of an opponent's equipment or from objects on the field.

*** Abrasions** Soccer-related abrasions occur when the skin is worn away by scraping against a hard, rough surface such as artificial turf, dry grass, or exposed dirt. Abrasions can be very painful and may be complicated by infection.

TREATMENT OF CUTS & ABRASIONS

1. Stop bleeding with pressure and elevation.

- a. If you are unable to stop the bleeding, go to the hospital for treatment.

2. Clean the wound thoroughly and remove any dirt and debris.

- a. Cleanse the abraded area with soap and water. Make sure to remove any dirt and foreign materials that are imbedded in the wound.
- b. Avoid hydrogen peroxide, iodine, and alcohol as they can actually harm the tissue and interfere with healing.

3. Apply dressing and bandage.

- a. For cuts, apply dressing so that the edges of the skin are brought together closing the wound.
- b. For abrasions, it is ideal to use a semi-permeable dressing (such as Tegaderm, or Bioclusive) to cover the wound and attach the dressing with adhesive tape. You may also use a non-stick gauze pad. **Keep the wound moist until it has healed. Contrary to popular belief, a dry, hard scab does not promote healing. A wound that remains moist heals faster. Also remember that a bandage or dressing is meant to protect the injury--not create an airtight seal. An airtight wound is more likely to become infected, unless it is meant to provide protection during play.*