



مركز كليمنصو الطبي  
CLEMENCEAU MEDICAL CENTER

AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL



## Wound care

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A wound is a break in the skin. Wounds are usually caused by cuts or scrapes. Different kinds of wounds may be treated differently from one another, depending upon how they happened and how serious they are.

### Home care

Scrapes and abrasions often do not require any more care than washing the area 4 times daily for the first 48 hours and keeping the area covered with a sterile bandage. Deeper wounds and bites will require medical attention.

### Stop the bleeding:

If bleeding will not stop, apply a clean bandage to the area and press down on it for 10 minutes.

### Clean the wound:

Before putting on a plaster or other dressing, you will need to clean the wound. Follow the steps below to ensure that it does not become infected:

- Wash and dry your hands thoroughly.
- If you have any cuts on your own hands, you should cover them and wear disposable gloves.
- If the wound has something embedded in it, leave it in place until you go to the emergency Department
- Clean the wound under running tap water, saline (a salt water solution) or use an alcohol-free wipe, gauze pad or soft cloth, but do not use antiseptic, because it may damage the skin.
- Soak the gauze or cloth in the saline solution or water, and gently dab or wipe the skin with it.
- Gently pat the area dry using a clean towel or a pad of tissues, but nothing fluffy such as a cotton wool ball, where strands of material can get stuck to the wound.
- Apply a sterile dressing, such as a bandage or plaster.
- If blood soaks through the bandage, leave it in place and another bandage, and continue to apply pressure on the wound.

### When you need to go to Emergency Department

- If bleeding is rapid or blood does not stop after 10 minutes
- If there is still dirt and debris in an abrasion after your best attempt at cleaning the area, you should notify your doctor.
- Any redness extending from the wound after 2 days or yellow drainage from the area
- If you think that there may be something in the wound such as glass, wood, or rust; etc.
- If your tetanus immunization is expired
- If the injury was caused by a bite (all animal and human bites need medical attention)
- If the wound is in an exposed area (like the face), with possible esthetic consequences.

### Prevention :

- Take care when using sharp objects such as knives, scissors, saws, and trimmers.
- Don't walk barefooted
- Use helmets when riding a bicycle.
- Use helmets, kneepads, wrist protectors, and elbow pads when using in-line skates.
- Avoid picking up broken pieces of glass and handling razor blades.



For any questions or clarification please call your Doctor or Emergency Department at 01/372888 extension: 1900-1911