



Wound Care (Non-sutured)

Cuts, scratches, scrapes and bruises are types of wounds that happen from time to time. Most cuts and scratches and scrapes are superficial and do not require sutures (stitches).

Bruises form when a blow breaks small blood vessels in the skin and/or deeper tissue, but the skin is not cut.

How to Care for Yourself at Home

These types of injuries will heal on their own.

For Cuts/Scratches/Scrapes

- + Apply pressure for 20 minutes to stop any bleeding.
- + Clean the wound once a day with warm water.
- + Do not use alcohol on open wounds. It stings and damages the tissue.
- + Do not pick at the scab(s), let it fall off on its own.
- + Keep the wound clean and dry until it begins to heal.
- + If you have a bandage, change the bandage daily, or when the bandage is dirty.

For Bruises

Use ice packs. Wrap the ice pack in a towel and apply for 10 to 15 minutes. The ice will help reduce the bleeding under the skin. It will also help with the pain.

Elevate the injured part. If it is a limb, put it up on a pillow or footstool.

When to Get Help

- **See your family doctor** or go to a walk-in clinic if you are experiencing any of the following:
 - + The bleeding doesn't stop after you have applied pressure over the area of the cut for 20 minutes.
 - + You see signs of infection (redness or swelling around the wound, increasing pain or tenderness, white, yellow, or green discharge (pus)).
 - + The wound doesn't heal within 20 days.
 - + A fever.
 - + Red streaks on the skin around the wound.

Recommended Follow Up

Follow up with your primary care provider in ___ days.

To Learn More Ask

- + Your Primary Care Provider.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.

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Find this information sheet on the ECBC website:
<https://emergencycarebc.ca/wp-content/uploads/2017/05/Wound-Care-Non-Sutured.pdf>