

How to Take Care of Your Child with a Wound or Bruise (No Stitches, Glue or Tape)

Your child had a wound or a bruise. A wound is an injury that breaks through the skin. Cuts, scratches, scrapes and bruises are different types of wounds. Bruises happen when a blow breaks small blood vessels under the skin. Most of these injuries are shallow and small. Because they're small, they don't need to have stitches to get better.

HOW TO CARE FOR YOUR CHILD AT HOME

Cuts, Scratches and Scrapes

- + Your child should try to be careful with the wound. Help your child to avoid hitting or bumping the wound.
- + Keep the wound clean and dry until it begins to heal. Then, gently clean the wound once a day with warm water.
- + **DO NOT** use alcohol to clean the wound. It is painful and can cause more damage.
- + The dried blood on top of the wound is called a scab. Your child will probably try to pick at the scab. Try to watch your child to make sure they don't pick at the scab. The scab will probably be itchy and a little uncomfortable, but wait and let the scab fall off on its own.
- + If your child has a bandage on the wound, keep the wound covered for _____ days. Change the bandage every day.

After this time, keep the bandage on when your child is playing or at school. You can leave the wound uncovered when your child is resting at home.

TIP: Make sure you wash your hands with soap and water before and after you change the bandage!

Bruises

- + Your child should try to be careful with the wound. Help your child to avoid hitting or bumping the wound.
- + You can use ice packs to stop the bruise getting worse, and also to help with the pain. Wrap the ice pack in a towel and gently hold it on the bruise for 10 to 15 minutes every 3 – 4 hours.

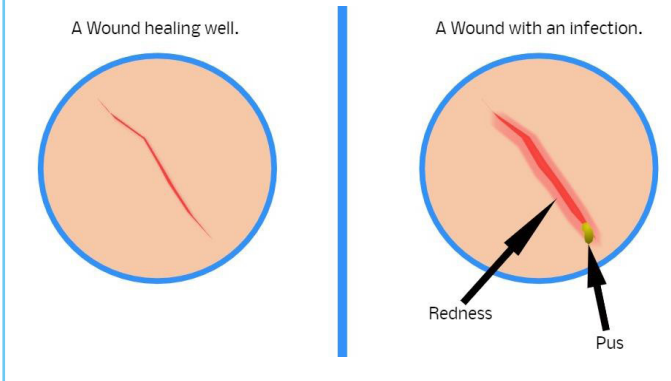
WHEN TO GET HELP

Go to the nearest Emergency Department

if your child is experiencing any of the following:

- + The wound starts to bleed again, and the bleeding doesn't stop after you put gentle pressure on it for 10 minutes.
- + The wound doesn't heal within 10 days.
- + You see signs of infection around your child's wound. **Here are 6 signs of infection:**
 - The wound becomes red and swells up.(Continued on next page)

- The wound starts to hurt more.
- There is white, yellow or green fluid coming from the wound.
- The wound has red streaks going away from it.
- The wound smells bad.
- Your child gets a fever. A fever is a temperature above 38.0°C or 100.4° F.



RELEVANT RESOURCES

- + Visit www.aboutkidshealth.ca to learn more on taking care of your child's wound or bruise.

TO LEARN MORE ASK

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

RECOMMENDED FOLLOW UP

- Follow up with your primary care provider in ___ days.

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Find this information sheet on the BC Emergency Medicine Network website:
www.bcemn.ca/clinical_resource/how-to-take-care-of-your-child-with-a-wound-or-bruise-no-stitches-glue-or-tape