

Wound Care (Non-sutured, or without Stitches)

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.



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 such as redness or swelling around the wound, increasing pain or tenderness, yellow or green discharge (pus).
- The wound doesn't heal within 20 days.
- A fever or flu-like symptoms.
- Red streaks on the skin around the wound that go towards the heart.

To Learn More:

- Ask your health care provider.
- Go to 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 in __ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

- _____
- _____



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 an arm or leg, put it up on a pillow or footstool.

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https://emergencycarebc.ca/clinical_resource/patient-information-sheet/wound-care/

Notes:

Additional Information

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