

CUTS & WOUNDS

What to do next

1 Home (Self Care)

to rest and monitor minor wounds.

2 General Practice (GP)

if wound is gaping, has dirt or something inside it, or if not healing after 2 days.

3 ED (Emergency Department)

if large and/or deep wound, large blood loss.



CUTS & WOUNDS

Cuts and scrapes are common in children. Most minor cuts will heal in time if kept clean and checked regularly.

What to do

- Clean the wound by running it under warm water and gently wiping it dry with a clean cloth.
- To stop bleeding, press firmly on the wound with a clean cloth for up to 10 minutes.
- Raise the limb to help stop bleeding if necessary.
- Put a plaster or sterile dressing on the wound.
- Check wound and replace the dressing every day.
- Give your child pain relief (eg. paracetamol) if needed. Check the dosage instructions.

When to get help:

Call your general practice (GP) if:

- the wound is gaping more than 0.5cm
- if there's dirt or something else in the wound
- the wound isn't healing after 2 days
- the wound looks infected (ie red, hot and/or has a pus-like discharge).

Take your child to ED if:

- the wound is large or deep
- there is large blood loss
- you are worried they may have a broken bone under the wound.

For more information call Healthline on **0800 611 116** or visit healthnavigator.org.nz.