

Caring for Cuts and grazes



Cuts are also called minor lacerations. These cuts usually heal well with no problems.



Grazes are also called minor abrasions. This occurs when the skin is rubbed away by a rough surface, like falling off a bike on the road and scraping the skin.

How to look after cuts and grazes when you go home from the hospital:

- Keep the wound clean.
- Plasters or bandages are usually not needed, but if bub is scratching or picking at the sore then a dressing will help.
- Showers or baths are ok, pat the area dry after.
- Stop the wound from getting dirty. No playing in sand pits or muddy areas.

Keep an eye out for signs of infection:



Fever



Redness and
swelling



Increased pain



Pus or a smelly ooze
coming from wound

If you have any worries or concerns about how the wound is healing see a GP, health clinic or emergency department.

Healing and scarring

Scars are a normal part of healing, it is important to take good care of the wound so that there is less scarring.

- For the first 6 - 8 weeks after the injury, the scar will change in colour and thickness as it heals.
- Scars can take up to 2 years to heal, it depends on the size and depth of the wound, skin type and how the scar was looked after.
- Skin types, infections and how the scar was looked after can affect scar healing.

Signs to look out for when the wound is not healing:

- painful
- itchy
- hard
- red
- raised
- less movement
- stays purple colour.

Looking after your scar

Massage

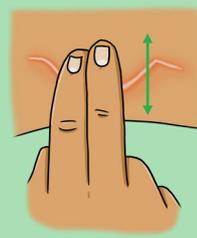
- **2 to 4 weeks** after the injury, massage the scar 2 times a day, for 5 to 10 minutes.
- Massage along the same direction as the cut.
- Do not massage the scar if it is open or infected.



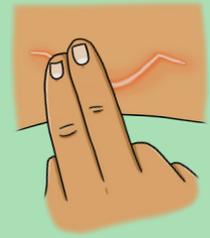
- **After about 4 weeks**, the scar can be massaged in the other direction.
- Continue the daily massages until the scar is pale and thin. The scar should go from pink to pale.
- Massaging the scar should not hurt.
- **Moisturising** with Vitamin E cream or Sorbolene softens the scar and helps when massaging.



circular



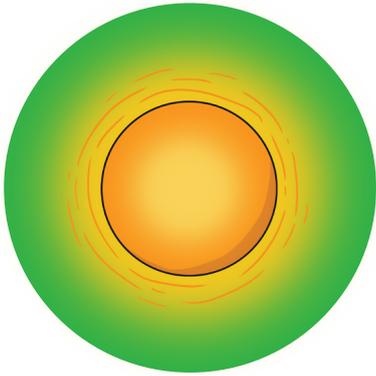
up and down



side to side



Sun protection



Protect the scar from the sun, it can change the scar colour.



Always put sunscreen (SPF 30) or zinc cream on the scar.



Wear clothes that cover the scar, it is important bub stays in the shade.



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