A laceration is a jagged wound or cut that goes all the way through the skin.

**Caution!**
If bleeding continues after 10 minutes of firm and steady pressure, seek immediate medical care. Larger and/or deeper lacerations may require sutures. The athlete may also require a tetanus immunization if he or she has not had one in the last 10 years.

**How is it treated?**
- First, control bleeding. Use a clean bandage or cloth and apply direct pressure on the wound while holding it above the heart for 10 minutes.
- Once the bleeding stops, clean the wound with warm water and mild soap.
- Apply antibiotic ointment and a bandage to protect the cut from infection.

**Find More Information**
- Mayo Clinic: http://mayo-clinics.org
- Medline Plus: http://1.usa.gov/1nU0hj6

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