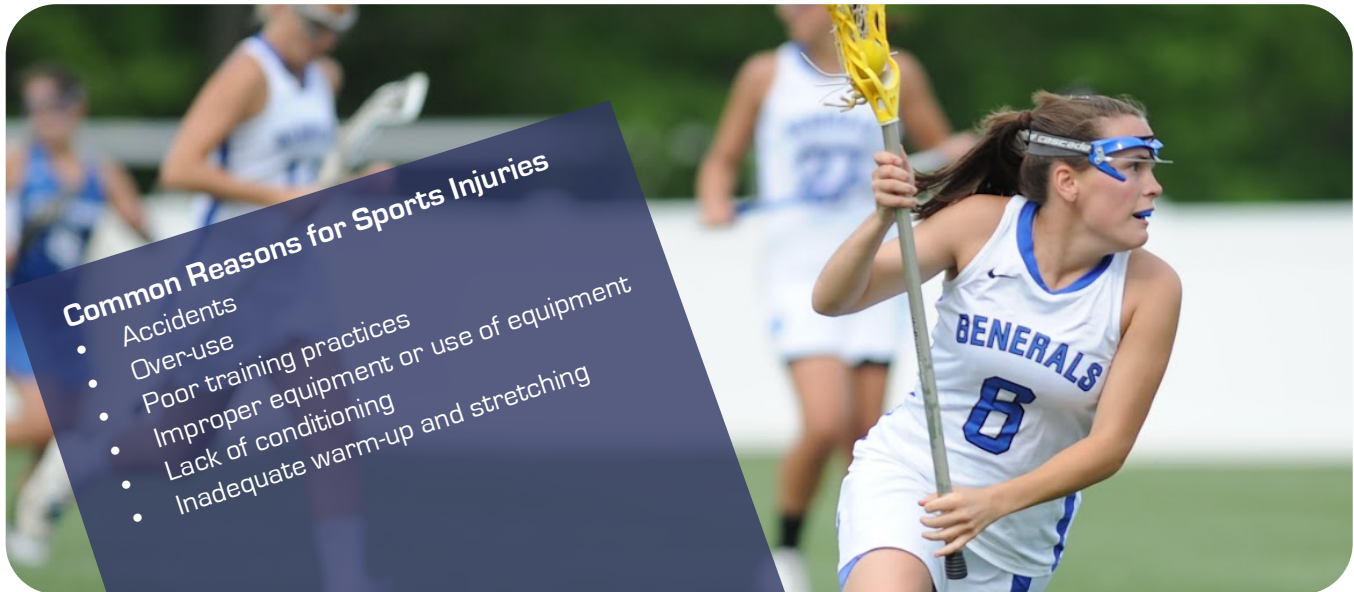


Treating Lacerations



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://mayocl.in/1nn7R8Z>
- Medline Plus: <http://1.usa.gov/1nU0hj6>

PLAY IT SAFE

Competitive sports provide participants with physical fitness, teamwork, improved skills, and self-esteem – but they can also cause injuries. In a recent survey of 2012 emergency room visits, Safe Kids Worldwide found that 1.35 million children had a serious sports-related injury. That's over 154 children being treated in emergency rooms every hour. While most of the injuries noted were sprains and strains, fractures came in second, contusions and abrasions were third, and the most dreaded injury of all – concussions – were fourth, with 163,670 injuries in 2012 alone.¹



¹ "1.35 Million Children Seen in Emergency Rooms for Sports-Related Injuries." SafeKids.org Safe Kids Worldwide, 5 August 2013. Web. 5 November 2013.