

What to do if you cut, tear or graze your skin

- 1** Stop the bleeding.
Apply pressure using a clean material pad.



- 2** Wash your hands.
- 3** Gently remove the pad and briefly run under warm water.



- 4** Pat the area dry with sterile gauze.
- 5** If there is a skin flap, try and roll it back onto the wound.



- 6** Cover the wound with a non-stick dressing.
Avoid using tape on the skin.



Seek medical advice from a healthcare professional such as a wound-care nurse, if you have:

- Bleeding that doesn't stop
- Signs of infection, such as fever, chills, aches, foul-smelling drainage, pus, or worsening pain
- A large and/or full thickness tear.