

## Skin Tear or Cut First Step Wound Care Guidelines

**REMEMBER TO WASH YOUR HANDS AND WEAR PROTECTIVE GLOVES BEFORE ANY WOUND CARE**

### Simple Skin Tears



A skin tear where the edges **can** be realigned to the normal anatomical position (without undue stretching) and the skin flap colour **is not** pale, dusky or darkened.



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A skin tear where the skin flap is completely absent.

### Hematoma



A localized swelling that is filled with blood caused by a break in the wall of a blood vessel.

**Refer to Tissue Viability.**

**Follow these steps**

#### Step One:



Cleanse the skin tear with saline solution.

**Elevate limb whenever possible.**

#### Step Two:



Apply pressure using clean gauze until bleeding stops.

#### Step Three:

Where skin flap can be realigned, gently re-position using gloved finger.

#### Step Four:

Apply a low adherent silicone dressing e.g. biatain silicone lite.

**Refer to District Nurses.**

**IMPORTANT – if bleeding cannot be stemmed after 10 mins of pressure on any wound, seek medical assistance.**

### Complex skin tears – follow steps 1, 2, 3 & 4 (as above)

Care staff in residential care home to request urgent district nurse visit



A skin tear where the edges cannot be realigned to the normal anatomical position and the skin flap colour is not pale, dusky or darkened.



A skin tear where the edges cannot be realigned to the normal anatomical position and the skin colour is pale, dusky or darkened.