

How to Treat Common Injuries at

home



Small Cuts & Scrapes

- If cut or scrape is bleeding apply pressure until it stops using a clean paper towel or sterile gauze pad, wear gloves if available.
- Wash cut/scrape with soap and water.
- Look for anything noticeable that may still be in the cut/scrape & wash again if dirt or other things are still in it.

THINGS TO WATCH FOR:

If the cut/scrape produces an excess amount of yellow-greenish discharge and/or it has a foul odor, have it looked at by your practitioner.

Twisted or Sprained Ankles or Wrists

~ Remember the word RICE!

- Rest the extremity by keeping weight off of it and limit use of the joint.
- Ice the injured joint, 20 minutes on, 40 minutes off.
- Compress the joint by wrapping it with an ace bandage (make sure the extremity has proper circulation by making sure it is the same color as the rest of the skin, it shouldn't be any shade of blue!)
- Elevate the extremity by propping it up on pillows or another soft surface. The extremity should be above the heart!

~If the child is not able to move the extremity at all, it immediately turns black & blue and/or it swells immediately, see your practitioner.