

Types of Wounds and Their Care

Type of Wounds	Description	General Treatment	Special Notes
Scrapes	Very common; bleeding usually stops by itself within a few minutes.	Clean thoroughly with soap and water to prevent infection.	
Punctures	Caused by small pointed object, such as a nail; usually little bleeding.	In most cases, do not remove an embedded object. Seek medical care immediately.	Check to see if a tetanus booster shot is needed to prevent infection.
Bruises	Tissues discolor and swell.	Rest, immobilize, apply cold and elevate to reduce swelling. Depending on severity, bruises might require further medical attention.	If victim is in severe pain and cannot move a body part, call 911.
Amputation	Part of the body is torn or cut off.	Important to control the bleeding; prompt action and immediate transport is critical.	Call 911. Wrap severed part in sterile gauze, then put in plastic bag on ice. Avoid direct contact with ice. Take it with the victim to the hospital.
Nosebleeds	Usually caused by a blow to the nose.	Have victim lean forward and pinch the nostrils together until bleeding stops. Apply ice pack (if available) to forehead and try to keep person calm.	Follow up with a healthcare provider because nosebleeds can be related to serious medical conditions. If bleeding is severe, call 911.

Mouth and Teeth Injury		Place victim in seated position with the head tilted slightly forward. If tongue is bleeding, apply a dressing and direct pressure. If a tooth is knocked out, control the bleeding and save the tooth.	Make sure the victim is able to breathe; injuries to the mouth can cause breathing problems if blood or loose teeth obstruct the airway. Do not move the victim if you suspect serious head, neck or back injury. Follow up with a healthcare provider. If bleeding is severe, call 911.
Chest	Sometimes result from motor vehicle accidents, falls and stab wounds. A puncture wound that penetrates the lung or chest cavity surrounding the lung allows air to go in and out of the cavity.	To care for a sucking chest wound, cover the wound with a dressing that does not allow air to pass through it. Tape the dressing in place.	Care for any life-threatening conditions first. Call 911.
Abdomen	Wounds that break through the abdomen can cause the organs to push out. A forceful blow to the abdomen can cause internal bleeding.	Carefully remove clothing from around the wound. Cover the organs with a moist sterile or clean dressing and cover the dressing with plastic wrap. Place a folded towel or other cloth over the dressing to keep the organs warm.	Care for life-threatening conditions first. Do not apply any pressure to the organs and do not try to push them back inside. Call 911.