

NGĀ MOTUHANGA ME NGĀ TAOTŪ

CUTS & WOUNDS

What to do next

1 Home (*Self Care*)
to rest and monitor
minor wounds.

**2 General
Practice (GP)**
if wound has dirt or
something inside it or if
you are concerned.

3 ED (**Emergency Department**)
if large or deep wound, large
blood loss.



CUTS & WOUNDS

Cuts and scrapes are common in children. Most minor cuts will heal in time if kept clean and checked regularly.

What to do

- Clean the wound by running it under warm water and gently wiping it dry with a clean cloth.
- To stop bleeding, press firmly on the wound with a clean cloth for up to 10 minutes.
- Raise the limb to help stop bleeding if necessary.
- Put a plaster or sterile dressing on the wound.
- Check wound and replace the dressing every day.
- Give your child pain relief (paracetamol) if needed. Check the dosage instructions.

Call your general practice (GP) if:

- there is dirt or something in the wound
- you're worried about the size of the wound
- the wound looks infected (ie red, hot and/or has a pus-like discharge)
- your child feels unwell or has a fever.

Take your child to ED if:

- the wound is large or deep
- there is large blood loss
- you are worried they may have a broken bone under the wound.

For more information call Healthline on **0800 611 116** or visit [healthnavigator.org.nz](https://www.healthnavigator.org.nz).