

Patient Information Leaflet

The Adam Practice

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THE ADAM PRACTICE

First Aid for DIY Injuries

Information Source: www.sja.org.uk

For further information visit the above website and/or

www.nhs.uk or www.patient.co.uk

(Information Source: www.sja.org.uk)

SPLINTERS

Splinters are common DIY injuries which carry a risk of infection as they are generally small but unclean shards of wood, metal or glass.

They can be easy to remove using the following advice:

- Gently clean the area around the splinter with warm water and soap
- Use tweezers to grasp the splinter as close to the skin as possible
- Draw the splinter out in a straight line in the same direction it entered the skin, making sure it does not break off
- Carefully squeeze the wound to encourage a small drop of blood. This will help flush out remaining dirt
- Clean and dry the wound and cover with a plaster or other dressing
- Never try and probe the splinter with an object like a needle or you might introduce infection

If the splinter is too deeply embedded to remove or it lies over a joint then seek medical help. If you are unsure if you are covered for tetanus, ask a receptionist.

SPRAINS AND STRAINS

If you think you have a sprain and/or strain, there are some things you can do to help:

- Sit or lie down comfortably, with some padding underneath the injury to support it
- Cool the area with a cold compress/ice pack to help reduce the swelling and pain
- Apply comfortable support to the injury, by placing a layer of padding over the cold compress and securing it in place with a bandage
- Support the injured part in a raised position if possible
- If the pain is severe or you are unable to move the injured part, go straight to hospital

BROKEN BONES AND FRACTURES

A break or crack in a bone is called a fracture. In most cases the damage to the bone will be under the skin, which is called a closed fracture, but sometimes bits of the bone can puncture through the skin to become an open fracture.

What to look for:

1. Swelling
2. Difficulty moving
3. Movement in an unnatural direction
4. A limb that looks shorter, twisted or bent
5. A grating noise or feeling
6. Loss of strength
7. Shock

What you need to do:

- If it is an open fracture, cover the wound with a sterile dressing and secure it with a bandage. Apply pressure around the wound to control any bleeding.
- Support the injured body part to stop it from moving. This should ease any pain and prevent any further damage.
- If you are able to move, and have assistance—go straight to hospital

BURNS AND SCALDS

Burns and scalds are damage to the skin caused by heat. A burn is usually caused by dry heat, like fire, a hot iron, or the sun. A scald is caused by wet heat, like steam or a hot cup of tea.

You need to be extra careful when treating burns. The longer the burning goes on, the more severe the injury will be, and the longer it may take to heal. So you need to cool the burn as soon as possible.

Cont...

WHAT TO LOOK FOR

If you think you have a burn or scald, there are five key things to look for:

1. Red skin
2. Swelling
3. Blisters may form on the skin later on
4. The skin may peel
5. The skin may be white or scorched

WHAT YOU NEED TO DO

1. Stop the burning getting any worse, by moving away from the source of heat
2. Start cooling the burn as quickly as possible. Run it under cool water for at least ten minutes or until the pain feels better (don't use ice, creams or gels – they can damage tissues and increase risk of infection)

Assess how bad the burn is. IT IS SERIOUS IF IT IS:

- Larger than the size of your hand
- On the face, hands or feet, or
- A deep burn

IF IT IS SERIOUS, GO STRAIGHT TO HOSPITAL FOR EMERGENCY MEDICAL HELP

- Remove any jewellery or clothing near the burn (unless it is stuck to it)
- Cover the burned area with kitchen cling film or another clean, non-fluffy material, like a clean plastic bag. This will protect from infection
- If you are unsure whether the burn is serious, seek medical advice from a pharmacist or a Nurse

The content provided in this leaflet is for information purposes only.. Information obtained in this leaflet is subject to personal interpretation and can become obsolete, thus accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues. Last updated May 2017