

# Simple 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/Categories

#### Category 1A

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



#### Category 1B

A skin tear where the edges **can** be realigned to the normal anatomical position (without undue stretching) and the skin or flap colour **is** pale, dusky or darkened.



#### Category 2A

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



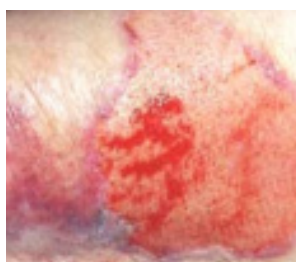
#### Category 2B

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



#### Category 3

A skin tear where the skin flap is completely absent.



### Treatment 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 skin back into position using gloved finger and apply a non-adherent or silicone dressing



#### Step Four

Date dressing and place an arrow on dressing to show direction for removal.



**IMPORTANT** - If bleeding cannot be stemmed after 10 mins of pressure on all categories, seek medical assistance.

**Complex Skin Tears - Follow steps 1,2, 3 & 4 (as above)**

**Care staff in residential homes should inform patients' community nurse/practice nurse for review or if they have concerns.**