

Wound Care for Skin Accidents

1. Keep the wound moist and/or greasy with Vaseline.
2. If the wound gets pus filled, then use an AAA ointment.
3. Use soap and water to clean the wound and its surrounding area.
4. Lubricate the wound at mealtimes and bedtimes and if possible keep covered at all times. Keep out of direct sunlight.
5. Diet is very important during wound recovery. Eat high in protein and lots of fruits and vegetables. Also take a multivitamin.
6. If you have or develop fever and swelling, call your doctor for an appointment. You might need an antibiotic prescription.