

Dress Cuts and Grazes

How to dress in 4 simple steps.

1 | Stop the bleeding



What to do

It is recommended, in case of minor cuts or grazes, caused by small accidents, to pad and stop the bleeding as soon as possible.

How to do it

Hold a sterile gauze compress for at least 2 minutes on the cut/grazes to stop the bleeding.

2 | Cleaning



What to do

Clean the wound. The cutaneous wounds heal better and faster when they are clean.

How to do it

Rinse well with cold drinking water or sterile saline solution to remove any traces of dirt or material left on the wound. Blot dry by using sterile gauze pads.

3 | Remove deeper debris



What to do

After well cleaning the wound, in case of contact with the ground or with dirty material, deeply clean using the effervescent power of hydrogen peroxide. This fights the bacterial colonization.

How to do it

Well irrigate the wound with hydrogen peroxide and rinse with saline solution or drinking water. Proceed with cleaning and disinfection movements from inside out. Blot dry.

4 | Protect, accelerating the healing



What to do

Once it is cleaned, it is recommended to cover and protect the wound, it might be useful a dressing that accelerates the healing process.

How to do it

MySkin Cuts and Scrapes accelerates the healing through an innovative technology in Hydrogel which promotes the physiological healing process, reducing the forming of scab and unsightly scars.

In case of deeper wounds it is recommended to go to the ER or a specialist.

Did you know



What to do

- Stop the bleeding by holding, for at least two minutes, a clean gauze on the wound;
- Clean well the wound;
- Disinfect with appropriate products;
- Protect the wound from water and bacteria using a sterile and waterproof dressing.



What not to do

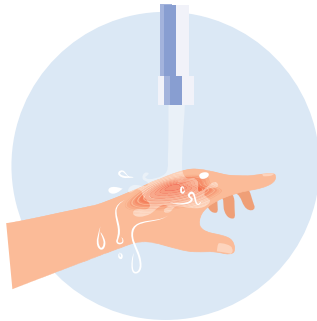
- Ignore a cut or an infection of the skin, even of small size;
- Place and lift the gauze frantically to ensure that there is no more blood coming out: this retards the coagulation;
- Leaving traces of dirt, blood and fluid on the wound: if the cleaning is inadequate, the healing may be slower or even more complicated;
- Use alcohol to clean and disinfect the wound.

Burns

Burns are tissue wounds after a more or less prolonged contact with a heat source. The most common ones in domestic environment are generally minor burns and are often generated by contact with high temperature tools.

Quick relief and dressing in two steps:

1 | Cooling



What to do

First it is recommended to cool the burned part of the body under running drinking water to ease the pain of the burn and to prevent necrosis. Continue until the pain disappears. The cold is a painkiller and limits the process of skin destruction.

2 | Protect, accelerating the healing



What to do

Once it is cooled, it is recommended to cover and protect the burn with a dressing that accelerates the healing process.

How to do it

MySkin Burns allows faster healing and gives quick relief from pain. The high percentage of water contained in the hydrogel pad is released and draws the heat away. In addition MySkin reduces the formation of scab and unsightly scars and allows you to follow the process of healing through the transparent pad.

Did you know



What to do

- Put the burned part in cold water;
- Carefully clean the burned area;
- Frequently control the burned part;
- Protect the wound from water and bacteria using a sterile, waterproof dressing.



What not to do

- Break or burst the blisters that may be formed after a burn, especially during the first 2-3 days;
- Apply oil, flour, milk or other greasy substances on the burned skin that, apart from not be sterile, they can cause or increase infections of the wound;
- Apply the ice directly on the wound because in turn it could result in a source of cold burns.

Surgical wounds

Even with stitches, it accelerates the healing and reduces the formation of unsightly scars.

1 | Cleaning



What to do

If the postoperative wounds are low/medium exudate wounds, even with stitches, having secretions, proceed with the cleaning and disinfecting if necessary.

How to do it

When the wound shows secretion, clean it using a sterile saline solution and remove any dirt or material left on the wound with a sterile gauze. Dry the area dabbing it with a new gauze compress.

2 | Protect, accelerating the healing



What to do

Cover and protect the wound even in case of stitches with a dressing that accelerates the healing process and allows the constant control.

How to do it

Apply MySkin Wounds specific for surgical wounds, even with stitches. The innovative technology in Hydrogel supports the physiological healing process, reducing the forming of scab and unsightly scars.

MySkin is breathable and resistant to water, dirt and bacteria. Furthermore it is completely transparent, so as to allow constant following of the healing process of the wound. It can remain applied several days: the dressing must only be changed when necessary!

Did you know



What to do

- Unless otherwise prescribed, regularly disinfect the wound with an antiseptic and rinse it with water;
- In case of secretion, clean the wound with a gauze proceeding from the centre to the outside of the suture, never returning towards the suture;
- Renew the dressing when necessary, for example when it is dirty, soaked with exudates or when it lost adhesiveness;
- Protect the wound. It is recommended to use a dressing that accelerates the healing process and allows following it.



What not to do

- Remove the stitches or patches used in some situations instead of suture stitches;
- Leave out changing the wound dressing;
- Leaving traces of dirt, blood and fluid on the wound;
- Use alcohol to clean and disinfect the wound.

Dress Slight bleeding or Epistaxis

Epistaxis is defined as a type of arterial or venous bleeding coming from the nasal cavity

How to stop slight nosebleed (or epistaxis) in a few simple steps.

Bend the head forward and press



What to do

In the event of minor epistaxis, the first thing to do is bend the head forward, since it facilitates the drainage of blood and mucus, and prevents the ingestion, which could cause vomiting.

Then slightly press the nostril that bleeds for more than 5 minutes or if bleeding comes out of both nostrils, using thumb and forefinger, always proceeding carefully.

Finally it will be appropriate to put a haemostatic pad in the two nasal cavities.

Did you know



What to do

- Put ice on top of the nose bending the head forward. Be careful that the water dissolved from the ice does not run down: mixed with the blood it gives the impression that the bleeding is more consistent;
- If the epistaxis is plentiful or hard to control and it appears in a hypertensive patient, it is recommended to go to the ER when not being able to understand the motivations that underlie the clinical expression.



What not to do

- Bring the head back: this gesture, as well as not making any sense, makes the person swallow the blood that comes out by gravity and could cause vomiting;
- Use cotton pads, the cotton fibres will attach to the blood clots and when removing them it could come to further bleeding;
- Worry in case of finding blood again, moreover digested and dark, dripping from the nose: it is completely normal, after a plentiful bleeding, swallow it.