

Wound Care Instructions for a Large Abrasion (Road Rash, Scrape)

Clean the Wound

- Rinse with cool running water.
- Use saline spray or saltwater solution (1 tsp salt + 2 cups boiled, cooled water).
- Gently wash around the wound with mild soap.
- Remove visible debris with sterile tweezers if needed.

Then apply a thin layer of:

- Bacitracin, or Vaseline or other antibiotic ointment. Many people are allergic to Neomycin, so it's best to avoid ointment with this in it.

Cover the Wound

Use any of the following (available at drugstores):

- Non-stick sterile pads (e.g., Telfa pads)
- Adhesive gauze wrap or hypoallergenic tape
- Optional: Hydrocolloid (e.g., Band-Aid Hydro Seal) or Tegaderm film

Dressing Changes

- Change the bandage once per day or if wet/dirty.
- Re-clean the wound and reapply ointment each time.

Monitor for Infection

Seek medical help if you notice:

- Increasing redness or warmth
- Swelling or pus
- Fever or worsening pain

Duration of Covering

- Keep the wound covered for 5–7 days, or until it is no longer oozing.
- Moist healing (with ointment or hydrocolloid) helps reduce scarring and speeds healing.

Aftercare (Once Healed)

- Use Mederma, Scarfade, silicone gel or Vitamin E cream to reduce scarring.
- Apply sunscreen to the area when exposed to sun.

DO NOT:

- Use alcohol on the wound
- Let the wound dry out completely early on
- Pick at scabs or peeling skin