

Basic Care for Cuts and Scrapes on the Rugby Field

3 points to remember in order to avoid cuts and scrapes from becoming infected.

SHOWER

SHOWER

SHOWER

It is important to clean cuts and scrapes as soon as possible after they have occurred.

The key is to wash the germs away before they have a chance to become established and develop an infection.

This can easily be done by thorough cleansing with soap and water in the shower or, if this is not possible, by using bottled water (previously unopened) to wash away the dirt and debris.

Be brave and give the area a good scrub if necessary. This will remove as many germs as possible.

Once cleaned, the wound should be dried and then covered with a non-stick dressing such as 'Melolin' or a clear dressing such as 'Tegaderm'. These can be purchased at pharmacies such as 'Watsons' and 'Mannings'.

Make sure all cuts and abrasions are covered with dressings and then bandaged with 'Co-plus' or 'Coban' self-adherent bandage (the ones the physio's and Medics use on head wounds) before playing or training again.

Visit your doctor at once if the wound becomes;

- Red
- Hot
- Swollen
- Painful
- or develops pus

#####