

## About Your Ambulance Call

09/09

Your MedStar ambulance crew is providing this brochure because we are concerned about your health and safety. Please review this guide for information and advice regarding your condition or injury.

The assessment and treatment given to you may not provide all of the medical care required for your condition. Additional treatment at a hospital or by a doctor may be necessary to ensure your health and recovery. Get needed medical attention as soon as possible.

The advice and instructions contained in this brochure are not a substitute for definitive and comprehensive treatment. When needed, we encourage you to seek additional help by contacting your doctor or medical facility, going to the emergency room or contacting the ambulance again by calling 9-1-1.

If appropriate, inform your doctor that MedStar was called and provide the information the ambulance crew recorded on this brochure.

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Notes by crew:**

Wound Care



## Managing Care After Injury or Illness



# Wound Care - Cuts and Scrapes

**Lacerations** are cuts that leave a smooth or jagged wound in the skin. They may affect only the top layer of skin or involve deeper tissues below the skin such as muscles, nerves and blood vessels.

**Abrasions** are scrapes that usually involve destruction of only the outer layers of skin and appear wet with traces of blood and other fluids before scabbing over.

We encourage you to use good wound care that will improve healing, help prevent infection, and may prevent later problems or inability to use an arm or leg normally.

## What To Watch For

**If you have decided not to be transported by MedStar to a medical facility, contact your doctor or seek other medical help if any of the following develop:**

- Increased pain or tenderness over time
- Redness or red streaks around the wound
- Increased swelling, numbness or tingling
- Pus or a lot of drainage coming from the wound
- Bleeding that cannot be controlled
- Fever over 100.4°F, chills or other signs of infection

## Consider These Actions

- If the ambulance crew has recommended, or you feel you should be evaluated for sutures (stitches to close the wound), you should seek this treatments as soon as possible and within six hours of the injury.
- Clean the wound with soap and water, pat it dry and keep it clean.
- After washing, you may apply to the surface an antibiotic ointment such as Bacitracin or Neosporin (available without prescription) - do not apply an ointment if you will soon be seeking medical care of the wound.
- Cover the wound with a sterile gauze dressing - avoid plastic coverings that seal out air or make the skin wet and may increase the chance for infection.
- Contact your doctor if it has been more than 10 years since your last tetanus shot. If needed, a tetanus shot should be given within 24 hours of the injury.
- **If needed, seek additional help by contacting your doctor or medical facility, going to the hospital emergency room or contact the ambulance again by calling 9-1-1.**