

# Treating Abrasions



Abrasions often occur when an athlete's skin rubs against the playing surface or other rough object and the skin is scraped (sometimes referred to as a "strawberry" or "road rash").

## Caution!

Seek medical assistance if the area is very large and affects deep layers of skin, there is embedded debris in the wound, or the bleeding is difficult to control.

## How is it treated?

- Flush the area with water and gently clean the area with a mild detergent cleanser.
- Apply an antibiotic ointment and a dry non-stick dressing. It is best not to rub the area or use hydrogen peroxide since it can harm the tissue and interfere with healing.
- Use direct pressure over the area to decrease bleeding if necessary.

## Find More Information

- Mayo Clinic: <http://mayocl.in/1nn7R8Z>
- Medline Plus: <http://1.usa.gov/1nU0hj6>

## PLAY IT SAFE

Competitive sports provide participants with physical fitness, teamwork, improved skills, and self-esteem – but they can also cause injuries. In a recent survey of 2012 emergency room visits, Safe Kids Worldwide found that 1.35 million children had a serious sports-related injury. That's over 154 children being treated in emergency rooms every hour. While most of the injuries noted were sprains and strains, fractures came in second, contusions and abrasions were third, and the most dreaded injury of all – concussions – were fourth, with 163,670 injuries in 2012 alone.<sup>1</sup>



<sup>1</sup> "1.35 Million Children Seen in Emergency Rooms for Sports-Related Injuries." SafeKids.org Safe Kids Worldwide, 5 August 2013. Web. 5 November 2013.