

ABRASION ✓

An abrasion, or scraping injury to the skin, may be of any grade of severity from a simple excoriation of the skin by the opponent's headgear to very extensive damage. The major abrasions occur over areas of body where there is firm underlying tissue, particularly bone. Areas commonly injured are the shin, the knee, the iliac crest, the elbow & the back of the hand.

The most immediate consideration once injury to the skin deeper structures has been ruled out is the prevention of infection.

Treatment :

- 1) The first step in the management of abrasion is prevention by providing adequate playing fields.
- 2) The first step in the treatment of abrasion is to clean the skin & there is no better cleansing agent than soap & water.
- 3) When the washing is complete, the wound is fresh looking with no embedded foreign material.
- 4) If a wound has been properly cleaned, the application of a topical antiseptic is of doubtful value. If a surface is not too

moist or protective spray such as tincture of benzoin may be applied in order to reduce pain. Such a spray tends to seal the wound & yet permits exudation of fluids.

5. The use of a bland ointment with a water soluble base is recommended if the surface is weepy. Greasy ointments should be avoided.

6. An antibiotic ointment such as polysporin, may be used.

7. A suitable dressing & pad are applied to prevent re-injury.

8. Protection must be (1) against direct trauma.
(2) against active overuse of the skin.

Should infection ensue, warm moist packs, re-elevation & suitable antibiotics are indicated.