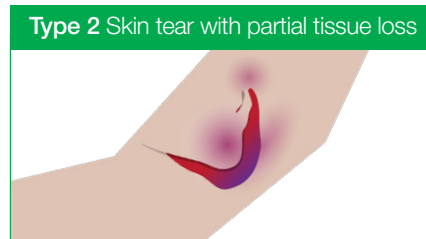
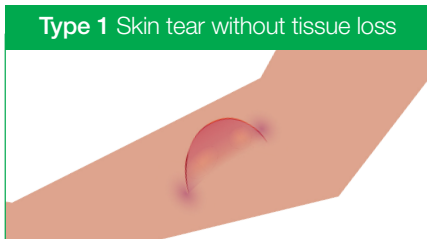


First Aid for Skin Tears

Goals of Treatment: ■ Treat the cause ■ Moist wound healing ■ Manage exudate and pain
■ Protect peri-wound skin ■ Avoid infection ■ Implement Skin Tear Prevention; avoid trauma

Scan the QR code to view the **International Skin Tear Advisory Panel**



A skin tear is a traumatic wound caused by mechanical forces, including the removal of adhesives.

Severity may vary by depth (not extending through the subcutaneous layer).

It is important that skin is regularly cleaned and moisturised with emollient to encourage skin hydration and prevent skin damage.
(Le Blanc K et al 2018)

1. Stop the bleeding

- Apply clean gauze until the bleeding stops
- Elevate the limb where possible



Important - if the bleeding does not stop after 10 minutes of pressure please seek medical assistance.

2. Cleanse the wound

- Gently cleanse the wound with saline or tap water
- Remove debris, dirt or haematoma



Important - the use of paper adhesive strips, sutures or glue may cause damage. **DO NOT** use due to fragility of the skin.

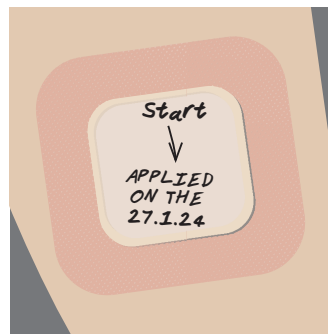
3. Reapproximate where possible

- If a flap is present ease it back into position (reapproximate) without pulling or applying tension
- If difficult to align, use moistened gauze for 5-10 minutes to rehydrate area

Measure the wound, photograph and document the skin tear in the individuals record

4. Dress: The suitability of using an adhesive foam dressing depends on the condition of the peri-wound and surrounding skin. Whilst they should be utilised, it is important to assess the skin beforehand. If there is concern regarding risk of trauma, such as Medical Adhesive-Related Skin Injury (MARS), consider incorporating a wound contact layer

- Choose the appropriate size of Suprasorb® P Sensitive, ensuring at least a 2cm border around the wound edges
- Leave in place for up to 7 days to minimise disturbance to the wound bed
- Mark the dressing with an arrow to indicate the direction of removal to reduce the risk of flap disturbance along with the date of dressing change



Suprasorb® P sensitive

border foam (with super-absorbent core)

Product Shape	Size dressing (cm)	Size wound pad (cm)	PIP code	Pack size
	7.5cm x 8.5cm	4.5cm x 5cm	414-6734	10
	10cm x 10cm	6.2cm x 6.2cm	414-3640	10
	12.5cm x 12.5cm	8.5cm x 8.5cm	414-3657	10
	Multisite 12cm x 15cm	7cm x 10cm	414-6239	10

5. Refer the individual to their Community Nursing Team or GP if appropriate

Referral details (refer to local services): _____

NOTES:

- If at any time you are concerned or need wound care advice, contact the appropriate service (i.e. Community Team or Tissue Viability Team)
- If skin tear on the lower limb, complete a full lower limb assessment and refer as appropriate
- If skin tear has not healed after 14 days scan this QR code, follow the Gloucestershire Wound Dressings Guidelines and Formulary and complete a full holistic assessment



For product support or further information please contact:

Olivia Fox, Regional Clinical Advisor on **07899 575 665** or by email at **Olivia.Fox@uk.LRMed.com**