

Abrasion (Superficial Injury)

What is it?

- **Abrasions**– are superficial wounds that may be mild or severe, can be painful and may require analgesic, usually no scarring, skin may be torn or worn off, erosion by friction, the wearing away of the upper layer of skin
 - **Lacerations or Tears**- usually have uneven edges where torn with characteristics of sluggish bleeding with damage to the surrounding tissue
 - **Corneal Abrasion**- is a common type of abrasion and occurs when a foreign body damage the corneal abrasion usually do not scar but damage the outer layer of the eye

Recommendations:

- **Prevent Infection**- treat wound aseptically, may need an antibiotic, or a tetanus shot, keep wound moist, clean well with soap and water
- **Abrasion that Covers a Large Area**- may want to add a MVI/Multi-Vitamin 1 per day, Vitamin C 500 mg. bid and Zinc Sulfate 220 mg./day to promote healing, may also add High Protein Foods as meats, eggs, cheese, peanut butter, dried peas and beans to promote healing of the wound/s

Facts:

- **Caused by**- matt burns, scuff or other friction burns caused by scraping or rubbing off the outer layer of skin, the lesions or abrasions are easily infected and require a thorough cleaning with soap and water

What can I do?

See your Health Care Provider- for an evaluation of the abrasion (wound or cut).

- **See a Registered Dietitian**- for help as needed, may want to good on good sources of protein

