**Skin tear simple dressing plan for carers to use as soon as skin injury has taken place.**

**Caring for skin tears temporally during the present Covid pandemic**



Type 2 and 3 skin tears need to be referred to your local Community nurses team or Surgery

Document all actions

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| **Procedure**  | **Rationale** |
| Use clean gloves Clean surrounding skin first and pat dryClean wound thoroughly and gently with tap water or saline and gauze or clean soft cloth ,towel, paper towel.(use a sterile, clean dressing pack if you have access to one) | To ensure that dirt from surrounding skin does not contaminate the wound.To remove all dirt and debris from the wound.  |
| If bleeding, apply pressure with clean gauze/cloth | Continue until bleeding stops |
| There is no need to apply a steri-strip. If possible, slide the skin back into place (over the wound) without any force. | This action will potentially promote faster healing of the wound. See dressing procedure |
| Apply an appropriate size Biatain silicone dressing to the wound (first choice) | The silicone layer reduces dressing sticking and support healing process. Leave dressing for 3 or 4 days if no pain or problems reported  |
| If no Biatain available: 2d choice: use Atrauman and Cosmopore 3d choice: If no Atrauman is available, use Cosmopore but inform the nurses for access to another dressing that will reduce sticking. |  To avoid this adherence (sticking delay healing) check and renew dressing after 2 days ensuring that adhesive is removed gently (use water or saline to soak the dressing). |

**Please monitor for signs of infection**

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| Redness to skin surrounding wound. | Wound and surrounding skin has become painful. |
| Skin surrounding wound is warmer than normal. | Swelling, hardening. |
| Offensive smell. | Yellow or green pus, |
| Increased wetness and leakage from wound.  | Gets larger, deeper, deterioratesPatient unwell |

***If you have any concerns regarding the patient’s wound or you suspect an infection in the wound - please contact the local community Nurse team or surgery***