

Facility: _____

File no.: _____

Family name, first name: _____

Date of birth: _____ ☐ F ☐ M
YYYY-MM-DD

RAMQ NO.: _____ Exp. _____
YYYY-MM

Mother's name: _____

REPAIRING A SKIN LACERATION IN EMERGENCY

Weight: _____ kg Height: _____ cm

Allergy(ies): _____

Location of laceration/wound: _____											
☐ Skin glue	☐ Wound closure strips (Steri-Strips) ☐ Dressing										
Dressing change	☐ Remove the dressing after 24 hours and leave the wound open to the air										
Wound care	☐ Change the dressing yourself ☐ Make an appointment at the CLSC: _____ ☐ Apply the following treatment plan: _____ Frequency of dressing changes: ☐ Daily ☐ Every _____ days										
Sutures	Type of sutures: ☐ Absorbable/"dissolvable" (do not need to be removed) ☐ <u>Non-absorbable</u> (removed at the CLSC) Have non-absorbable sutures removed in: ☐ 3-5 days (face, head and neck) ☐ 7-10 days (most wounds) ☐ 10-15 days (fingers, arms, legs, joints, or when there is a risk of impairment) ☐ Other: _____										
Make an appointment at the CLSC if you have non-absorbable sutures. NEVER try to remove non-absorbable sutures yourself. Make an appointment at the CLSC if you need care: <table border="0"> <tr> <td>CLSC Valleyfield: 450-371-0143, #3001</td> <td>CLSC Beauharnois: 450-429-6455</td> </tr> <tr> <td>CLSC St-Polycarpe: 450-265-3771</td> <td>CLSC Rigaud: 450-451-6609</td> </tr> <tr> <td>CLSC Vaudreuil-Dorion: 450-455-6171</td> <td>CLSC Huntingdon: 450-829-2321</td> </tr> <tr> <td>CLSC Châteauguay: 450-699-3333</td> <td>CLSC Jardins-du-Québec St-Rémi: 450-454-4671</td> </tr> <tr> <td>CLSC Kateri: 450-659-7661</td> <td>CLSC Jardins-du-Québec Napierville: 450-245-3336</td> </tr> </table> Diphtheria-tetanus-acellular pertussis vaccine (Boostrix): ☐ Received ☐ Not received ➤ If you received a vaccine, write the date in your vaccination booklet (valid for 5-10 years) Medical follow-up: ☐ No follow-up required Follow-up location: _____ ☐ After 48 hours ☐ After _____		CLSC Valleyfield: 450-371-0143, #3001	CLSC Beauharnois: 450-429-6455	CLSC St-Polycarpe: 450-265-3771	CLSC Rigaud: 450-451-6609	CLSC Vaudreuil-Dorion: 450-455-6171	CLSC Huntingdon: 450-829-2321	CLSC Châteauguay: 450-699-3333	CLSC Jardins-du-Québec St-Rémi: 450-454-4671	CLSC Kateri: 450-659-7661	CLSC Jardins-du-Québec Napierville: 450-245-3336
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_____	_____	_____
Date and time (YYYY-MM-DD)	Doctor's signature	License #
☐ FAX sent by _____ (init.)	Time sent: _____	Prescription received by: _____ (nurse's init.)

REPAIRING A SKIN LACERATION IN EMERGENCY

CARE AND MONITORING OF A SKIN LACERATION IN EMERGENCY

GENERAL ADVICE

- Keep the dressing clean and dry.
- When changing the dressing, **wash your hands** and clean the wound with warm water and mild soap, then rinse under running water. **DO NOT use rubbing alcohol or peroxide.**
- You can shower after your first dressing change. Wait 7-10 days before taking a bath or swimming to avoid immersing the wound in water for too long.
- For a scalp wound, avoid wetting hair for at least 24 hours.
- Do not try to remove any hairs stuck to the wound, as this can cause bleeding.
- DO NOT scratch the wound or pick the scabs, which will fall off on their own.
- Take acetaminophen for pain (e.g., Tylenol), according to the dosage on the bottle and as needed. Consult your pharmacist if necessary.
- For the first 2-3 days, the wound will be red and slightly swollen, which is normal.
- All wounds, even the best repaired ones, will leave a permanent scar.
- Once the scar is healed, make sure to protect it with sunscreen (minimum SPF 30).

WHEN TO SEE A DOCTOR

- The wound shows one or more signs of infection:
 - Spreading redness or swelling around the wound measuring at least 2.5 cm (1 in.);
 - Pain that appears suddenly without any explanation or that is getting worse;
 - Yellow or green pus;
 - Foul smell coming from the wound that does not disappear after cleaning;
 - Fever (higher than 38.5°C/101.3°F).
- The wound opens up or the sutures come loose;
- Uncontrollable bleeding.

WHAT TO DO (DEPENDING ON YOUR CASE):

Wound closure strips (white adhesive strips known as Steri-Strips)

- Let the strips fall off on their own (in 7-14 days).
- As needed, replace any strips that are soiled or that come loose in the first few days.
- **Carefully remove any remaining strips after 14 days:** Grasp the strip at one end and slowly pull it back horizontal to your skin until it reaches the wound; repeat on the other side. DO NOT pull the strips off in one motion as this can remove the scab.

Absorbable sutures

- Let absorbable (dissolvable) sutures fall out on their own. **DO NOT pull on the threads.**
- **Avoid getting the wound wet for 5 days** (cover it, as needed).
- If the sutures have not fallen out after 21 days, make an appointment at the CLSC.

Skin glue

- You can take a shower after 24 hours, provided you do not leave the wound under the water for too long. Avoid scrubbing the area around the wound for 7-10 days.
- Avoid applying greasy creams (e.g., antibiotic ointment, Vaseline) on the wound for the first 7 days.