

Summer Wound Care *(Interview Transcripts)*

Alyssa Smolen, Family Medicine and Wound Care APRN, OSF HealthCare

“The number one thing people are surprised by is when I tell them they shouldn’t be using peroxide or iodine, those types of things, to clean wounds. Most people think that is kind of basic, standard wound care. But really you can cause more harm and delay wound healing by using those harsh type of cleaners.” (:19)

Alyssa Smolen, Family Medicine and Wound Care APRN, OSF HealthCare

“Antibiotic ointment probably isn’t necessary unless there is concern for an infection. If it’s a really dirty wound where there is a lot of dirt in it or you were swimming in a lake or something, then you would maybe need an antibiotic ointment – but most wounds do not require an antibiotic ointment. We do want to make sure it stays moist, so actually just using some Vaseline or something can be just as effective as antibiotic ointment.” (:24)

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“If it’s been more than 12 hours, that is usually an absolute no, we can’t stitch it – and then you just have to let it heal by what we call secondary intention. It takes longer sometimes, and often leaves a worse scar. So I think if you have something that might need stitches, it never hurts to get it checked out early on rather than wait.” (:19)

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“It’s recommended not to pop a blister. The skin that is over the top of the blister and the fluid can actually serve as kind of its own band aid, so I would usually just leave them open to air. If it’s in a place where it’s likely to pop on its own or be irritated, you can try using some of the felt-like pads that you can get at a drug store to kind of pad the area around the blister to protect it.” (:27)

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“Usually, recommendations are to have an updated tetanus shot every 10 years unless you have a wound that’s dirty – so examples would be a rusty nail, barbed wire, or just being outside and getting dirt in the wound could put you at risk for tetanus. Recommendations are to have an updated tetanus shot within 5 years if you have a dirty wound. If you have a dirty wound and know you just had a tetanus shot last summer for example, you should be good to go.” (:30)