

## **Turkey Carving Hand Safety (*Interview Transcripts*)**

**Mary Elizabeth Rashid, MD, Hand and Upper Extremity Surgeon, OSF HealthCare**

“Most injuries are superficial. You may cut your finger a little bit, it bleeds for a few minutes, you hold some pressure, wash it with soap and water, and it gets better. Most injuries are to the fingertips. I’ve done it myself when cutting different vegetables. That would be the least severe, then ranging to severity to where people can lose parts of the fingers.” (:24)

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“A couple tips in terms of turkey carving would be to, number one, always make sure you are cutting away from yourself using the hand to support the surface you are cutting on, but making sure that it is away from any cutting utensils. Make sure that your utensils are always sharp. If you can use an electric knife, that can help prevent finger injuries.” (:24)

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“The most common knife-related injuries tend to be to the flexor tendons of the fingers. Not only do those require surgical attention, but they require weeks to months of rehabilitation with a certified therapist to get those working again.” (:17)

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“Anything that looks particularly deep in and around the fingers, especially if there is any numbness or tingling involved, bleeding that cannot be stopped, or any loss in range of motion in and around the hand or the fingers should be evaluated by a medical professional.” (:17)