

MINOR INJURIES AND WOUND CARE

A practical guide to managing minor injuries at home

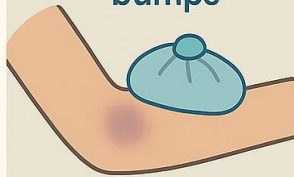
Common injuries you can treat at home

Minor cuts & grazes



Clean, then
cover with a dressing

Bruises and bumps



Apply an ice pack
to reduce swelling

Minor burns



Rinse under cool
running water

Sprains



Rest and apply
a supportive bandage

If you're unsure, call NHS 111 or
attend your local Minor Injuries Unit.



Introduction

Minor injuries happen to everyone. Most can be safely treated at home without needing a trip to the Minor Injury Unit (MIU) or A&E. Knowing exactly what to do - and when to seek help - can save you time, help you heal faster, and reduce unnecessary stress.

This leaflet clearly explains how to manage common minor injuries, using the latest NHS, NICE, and emergency medicine guidelines. Most minor injuries can be treated at home, but you're never on your own. Local pharmacists, MIU, and NHS 111 can all help with advice or treatment for recent minor wounds and injuries.

If an older injury or wound isn't healing as expected - or you're not sure what to do - please contact us. We're always happy to advise or see you if needed.

Your Home First Aid Kit

A simple home first aid kit will help you deal with most minor injuries:

- Clean dressings or plasters
- Sterile saline pods or easy access to running water
- Soft bandages
- Painkillers (paracetamol, ibuprofen)

Keep this handy, and you'll be ready to manage most everyday injuries confidently.

Small Cut and Grazes

First steps:

Wash your hands first. Gently rinse the wound with clean running water or sterile saline. Avoid antiseptic creams, as they aren't usually needed. Pat dry gently, then cover with a plaster or a clean dressing.

Keep an eye on it:

Check the wound daily. If it becomes red, swollen, painful, or produces pus, it might be infected. Most minor infections settle quickly with proper cleaning but always contact us if you're concerned or if symptoms worsen.

How to treat small cuts and grazes

1



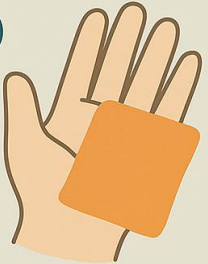
Apply pressure

2



Clean

3



Dry

4



Cover and change daily or if wet/dirty



Minor Burns and Scalds

Immediate action:

Cool the area immediately under cool or lukewarm running water for **at least 20 minutes**. This reduces pain and helps prevent long-term damage.

Remove nearby jewellery or tight clothing unless it's stuck to the burn. Cover loosely with cling film or a non-fluffy, clean dressing. Avoid ice, iced water, creams, or home remedies—these can make burns worse.



Important to know:

Not all serious burns hurt initially—some deep burns feel numb. Always seek medical help if the burn looks white, leathery, or charred, or if it's larger than a 50p coin or on your face, hands, feet, joints, or genitals.

More info:

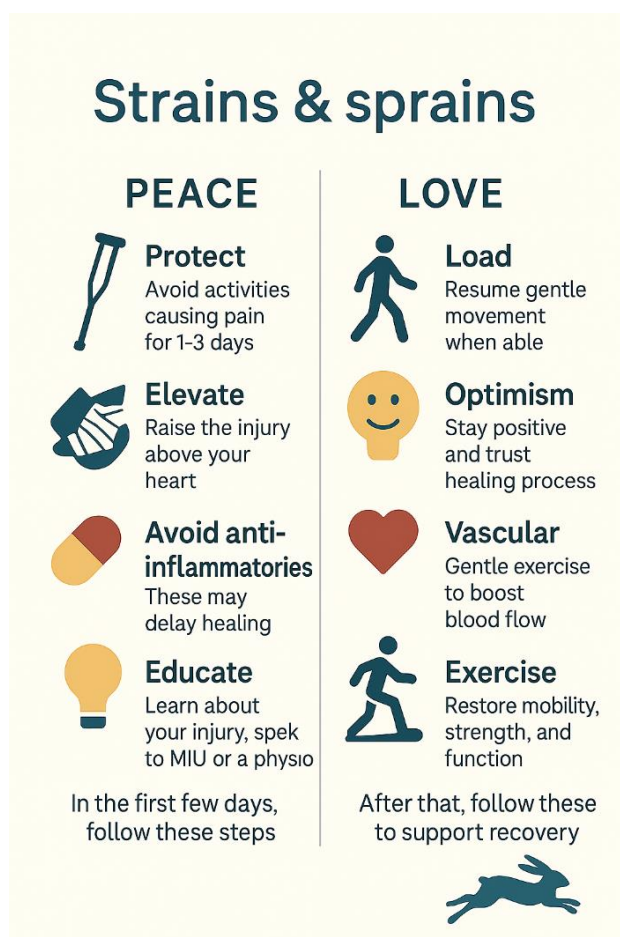
[CHG Patient Leaflet – Burns and Scalds](#)

Sprains, Strains, and Twists

Early care helps injuries heal faster. The PEACE & LOVE approach is now recommended by emergency care experts:

First 1–3 days: PEACE

- **Protect:** Avoid activities causing pain for 1–3 days.
- **Elevate:** Keep the limb raised higher than your heart when resting.
- **Avoid anti-inflammatories:** Ibuprofen or similar drugs can slow early healing.
- **Compress:** Gentle compression with a soft bandage helps reduce swelling.
- **Educate:** Understand your injury—it's safe and beneficial to start moving gently when comfortable.



After the first few days: LOVE

- **Load:** Gradually start gentle movements as pain allows.
- **Optimism:** A positive mindset helps you recover faster.
- **Vascular:** Gentle, regular movement boosts circulation and healing.
- **Exercise:** Restore strength and confidence through gentle stretching and rehabilitation.

Other Common Minor Injuries

Bruises and Minor Knocks

Apply a cold compress wrapped in a towel (never direct ice) for short periods during the first 48 hours. This helps reduce swelling and discomfort. Keep the area moving gently—movement aids healing. Paracetamol can be used for pain if needed.

Blisters and Splinters

Blisters: Leave them intact if possible. Cover with a clean plaster or dressing to protect the area.

Splinters: Use clean tweezers to gently remove splinters. If one is deeply embedded, difficult to remove, or painful, speak to your pharmacist or contact our team for advice.

Nosebleeds

Sit upright, tilt your head slightly forward (not back), and pinch the soft part of your nose firmly. Hold for 10–15 minutes without letting go. Avoid blowing your nose afterwards.

Seek help if the bleeding lasts longer than 20 minutes or keeps happening.

More info:

[CHG Patient leaflet - Nosebleeds](#)

Insect Bites and Stings

Wash the area gently, apply a cold compress, and use antihistamines to reduce itching. Most bites settle quickly.

Contact us or call NHS 111 if you feel unwell, if swelling spreads quickly, or if you have a known allergy.

More info:

[CHG Patient Leaflet – Stings and Bites](#)



When to Get Medical Help

When to seek help

Bleeding  Bleeding that won't stop after 10 minutes of pressure	Burns  Larger than a 50p coin or affecting face, hands, feet, or genitals
Infection  Spreading redness, pus, swelling or fever	Severe pain or swelling  Pain or swelling that's worsening or hard to manage
Movement problems  Can't move the joint or put weight on it	Deep wounds  Gaping cuts or anything embedded in the skin

If in doubt, call NHS 111 or attend MIU 

It's always okay to seek help if you're worried. Contact us, call NHS 111, or attend the MIU/A&E immediately if you notice:

- Bleeding that doesn't stop after 10 minutes of firm pressure
- Large or deep burns, or burns on sensitive areas (face, hands, feet, joints, genitals)
- Signs of infection—rapidly increasing redness, pus, swelling, feverishness
- Severe pain or swelling that's getting worse, not better
- Difficulty moving a joint or putting weight on it
- Wounds that are deep, gaping, or contain embedded objects

If in doubt—get checked out.

Useful NHS Resources

- **Cuts and Grazes:**
<https://www.nhs.uk/conditions/cuts-and-grazes/>
- **Burns and Scalds:**
<https://www.nhs.uk/conditions/burns-and-scalds/>
- **Sprains and Strains:**
<https://www.nhs.uk/conditions/sprains-and-strains/>
- **When to Visit A&E:**
<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-go-to-ae/>

Keep this leaflet somewhere easy to find—like your first aid kit.

Remember, if you're ever unsure, we're always here to help you.

If you have further questions:

- ***Speak to your pharmacist:*** they offer helpful advice and treatment under ***Pharmacy First***.
- ***Contact us:*** www.cirencesterhealthgroup.co.uk/contact-us and fill out our triage form
- ***Call us:*** 01285 653198 or 01285 652122
- ***Call NHS 111*** if you need urgent medical advice (24/7)
- ***Call 999*** in an emergency

