

Skin Injuries / Wounds

Signs & Symptoms



Bruise

Bruises cause black and blue or red skin. As they heal, the skin turns yellowish-green. Pain, tenderness, and swelling also occur.



Abrasion

Abrasions are less serious than cuts, but more painful because more nerve endings are affected.



Laceration

Lacerations slice the skin open. This causes bleeding and pain.



Puncture Wound

Puncture wounds are stab wounds. This causes pain, but may not result in bleeding.

Causes For Cuts, Scrapes & Punctures

The cause can be any object that penetrates the skin. This includes cut glass, a splinter, stepping on a nail or tack, falling on pavement, etc.

For Bruises

Common causes are falls or being hit by some force. Bruises result when broken blood vessels bleed into the tissue under the skin. Persons who take blood-thinners bruise easily.

Treatment Depends on the cause and how severe the skin injury is. Simple wounds can be treated with self-care. An antibiotic treats a bacterial infection. Medical care, such as stitches, may be needed for deep cuts or ones longer than an inch.