

After your wound has been cleaned and bandaged it is important you keep the area clean until it has fully healed. Below are some guidelines to help you keep your wound clean and help decrease the chance of infection.

- After the Athletic Trainer or Supervisor has cleaned, bandaged, and covered your wound, leave the bandage on for the remainder of the night.
- If the bandage does fall off, replace it with a new one.
- In the following days you should change the bandage 3 or 4 times per day gently washing the area with soap and water before you put on the new bandage.
- If showering, do not scrub the wounded area to prevent the scab from coming off and re-opening the wound.
- Keep the wound elevated in the hours following injury.
- IF YOU NOTICE ANY OF THE FOLLOWING SEEK MEDICAL ATTENTION:
  - If the bleeding will not stop.
  - If you have not had a tetanus shot in the last 10 years.
  - If a red ring forms around the wound, and continually gets bigger.
  - If you notice any track marks from the wound; a track mark is a red line that will follow the path of a vein up the extremity go to the ER immediately if you see this.
  - If you experience a loss of sensation below the area of the wound.
  - If you feel like some debris or other objects are still in the wound.
- If you have been referred to a physician as a result of your injury, it is your responsibility to ensure you see a physician and follow all physician guidelines prior to resuming participation in any RecSports program.
- If you are a Sport Club participant and would like further care, you can make an appointment with the Athletic Trainers at <https://recsports.ufl.edu/sports/sport-clubs/athletic-training/>