



spotlight on health

A Second Look At The First Aid Aisle

(NAPSA)—A walk down the drugstore aisle today offers consumers a dizzying choice of new bandages and treatments for everyday scrapes and bruises.

“Advances in wound healing that were once only available in hospitals and doctors’ offices are now available over the counter,” says Robert S. Kirsner, M.D., Ph.D. Professor of Dermatology at the University of Miami.

As chair of the Medical Advisory Board of National Healing Corporation, which manages wound healing centers nationwide, Kirsner is on the leading edge of wound care. He offered the following shopping tips for organizing a first aid kit that will save valuable time later when an injury occurs and every minute counts:

- Regular adhesive bandages and new liquid bandages are perfect to cover friction blisters caused by new shoes.

- Butterfly tape or steri-strips can be used for very small cuts in which the edges stay together.

- For infected wounds, another option is silver, which is a natural antibacterial. New silver bandages and pre-applied antibiotic bandages can work where, previously, antibiotic ointment was used.

- For noninfected wounds, keeping them covered or “occluded” speeds healing. These dressings often remain on a wound for several days without being changed. One such dressing type, hydrocolloid bandages, contains particles that absorb the liquid in a wound and create a gellike covering that keeps the wound moist and protected.



To help your child remain calm while bandaging a cut or scrape, try to explain what you are doing.

- Scar-therapy bandages are meant to be used only after the wound has completely healed.

- While spray bandages form a clean film over the cut and are good for hard-to-cover body parts such as knees and elbows, they are not waterproof and shouldn’t be used with an antibiotic that could loosen the adhesive.

While it isn’t on the drugstore shelf, a kiss can help a child’s cut or scrape feel better. Help your child remain calm while you bandage a cut by explaining what you are doing and that the ointment or cleaning agent might sting.

See a doctor if bleeding doesn’t stop after 10 minutes of direct pressure or if the edges of the wound gape open. Also see a doctor if a wound hasn’t healed in more than 30 days or if it shows signs of infection.

To locate a wound healing center closest to you, log on to www.nationalhealing.com.