

## For Healthy Healing, Keep Wounds Covered

(NAPSA)—Kids love the playground for lunchtime and after-school fun. Unfortunately, cuts and scrapes from the playground are the leading cause of injury to children ages 5 to 14, according to Safe Kids Worldwide. That's a lot of cuts and scrapes that need tending.

Fortunately, parents can help their children heal quickly and safely by keeping the wound covered. For years, people have believed that keeping minor cuts and scrapes uncovered to let them air out helps them heal faster, but extensive research has proven this untrue.

The basic guidelines when it comes to wound care are: clean, treat and protect.

According to a number of studies, the best protection offers a clean, moist environment in which the wound can heal. Cuts and scrapes can heal twice as fast in a moist environment than in a dry one, where they form a scab. Scabs actually slow the healing process by creating a barrier between healthy skin cells. Bandages that absorb fluids and maintain natural moisture let skin cells migrate seamlessly and form new, smooth tissue. This reduces the chances of scarring.

Meanwhile, keeping wounds covered helps prevent exposure to water, dirt and germs while provid-



**Contrary to popular belief, keeping minor cuts and scrapes uncovered to let them air out does *not* help them heal faster.**

ing extra cushioning for added comfort and protection from reinjury.

The next time you or your child gets a minor cut or scrape, medical experts advise you to:

- Thoroughly flush and clean the affected area with mild soap and water or an antiseptic wash and allow to dry.
- Put on BAND-AID® Brand Adhesive Bandages and keep it covered until the wound is completely healed.

Visit [www.band-aid.com](http://www.band-aid.com) to find out more about popular wound-care myths.