Before we begin treatment for road rash, the first thing you should do after any crash is determine the extent of injury. Did you break anything, hit your head, or have any joint swelling, difficulty breathing or moving about? If so, you likely need proper medical assessment.

Assuming that all of the above is fine and we are now looking at your wound. Do you feel pain? Does it hurt? Does it feel like having to look for urgent care or a hospital, but it’s sometimes necessary. Over the next couple of days the oozing will slow down and then you can change to a semi-permeable dressing.

4. If you’re going to continue riding, use the method above, but be sure to wrap the wound very well with Coban or an ace wrap. Tape it securely, even use duct tape if necessary. Always be sure there is adequate range of motion, as with most dressings, it will work its way loose.

5. It’s normal to keep the wound covered for 5-10 days and full healing may take some weeks. Replace the dressings as needed and each time gently clean the wound with soap and water. The abrasion will form a whitish plaque which is called granulation tissue. Try not to peel it off or let it dry completely; wounds have been found to heal slower when you do this. Finally remember that new skin is extremely sensitive to sunlight, so always cover it and use sunscreen.

How to clean up the wound

1. Numb the injury with antiseptic wash by applying solution to a gauze and holding it over the wound for about ten minutes. Patience is the key here.

2. When the pain is reduced, use more soaked gauze pads to gently scrub the abrasion. Don’t overdo it, just scrub the dirt out as best as possible. I always advise to avoid hydrogen peroxide as it hurts like a dickens and kills the good tissue. If you find there is grease in the wound, apply a dish soap solution. You must remove all of the debris as this can lead to an infection and permanent discoloration. If you can’t, then seek more advanced medical care.

3. After the wound is reasonably cleaned, consider applying a light layer of antibiotic ointment such as bacitracin or Brulidine assuming that you are not allergic. Start with a non-adherent dressing, as the wound will ooze, then wrap with Coban. Then tape the wrap for extra security. Over the next couple of days the oozing will slow down and then you can change to a semi-permeable dressing.

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Medical: How to treat road rash

Road rash can often be the most painful part of an off, but it shouldn’t ruin your adventure. Doc Edwards discusses how to properly treat road rash on your next voyage.