

## **Taking Care of a Cut: For People Taking Blood Thinners**

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### **What do I do when I cut myself at home?**

Small injuries or cuts to the skin are common, but they are rarely an emergency. For patients on blood thinners, it often takes longer than normal for the bleeding to stop. Most of the time, bleeding can be stopped by following the steps below:

1. Stay calm.
2. Hold gentle, direct pressure over the cut with gauze or a clean towel.
3. Elevate (raise) the cut so that it is above your heart.
4. After keeping pressure on the cut for 15 minutes, check to see if the cut is still bleeding. If it is still bleeding, use an over-the-counter product like styptic powder to seal (close) the wound and stop the bleeding.



Make sure you have a styptic (anti-bleeding) powder available at all times to stop bleeding. You can buy this powder over-the-counter (without a prescription) from a pharmacy or store. This powder works very well to stop bleeding in patients on blood thinners. Talk with your local pharmacist for more information.

### **When should I go to the emergency room (ER) or call 911?**

Get immediate medical help if:

- The cut or wound is bleeding heavily (a lot)
- The cut or wound is large, deep, or dirty
- The wound doesn't stop bleeding after following the instructions in this pamphlet and holding pressure on the wound for 30 minutes

- You have other concerning symptoms, such as numbness or severe pain
- You have signs of developing an infection, such as redness, swelling, or pus drainage (leaking thick white, yellow, or green fluid)

If you go to the ER, tell the provider that you are taking a blood thinner.

### **When should I contact my anticoagulation provider?**

Please call and update the Anticoagulation Clinic at (734) 998-6944 if you have gone to the ER for bleeding or any of the issues listed above.

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