

Tips Varia

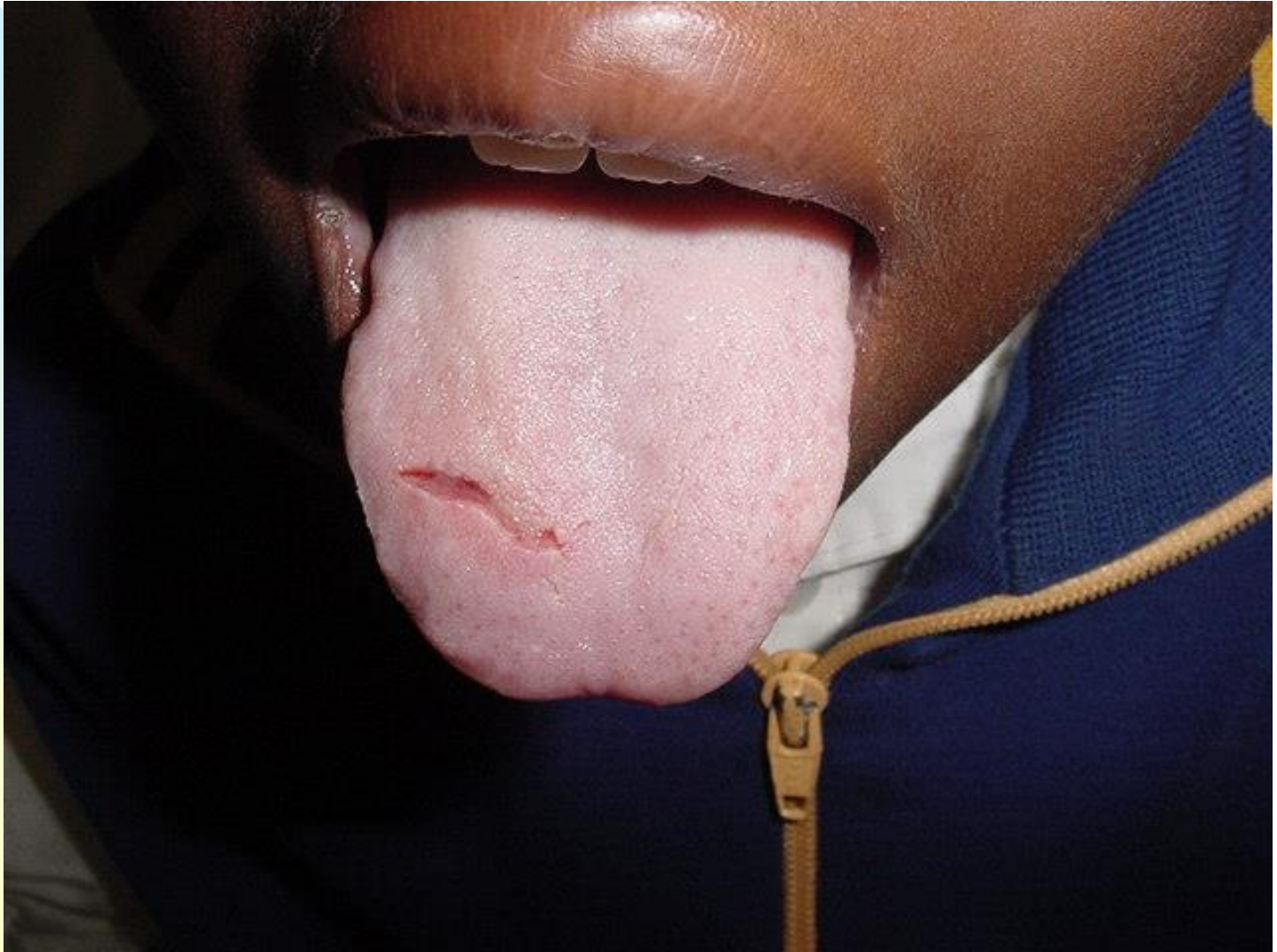
Dr. P.T.Kenny.

Eyelid retractor

- For removal of a superficial foreign body from the eye, one needs some equipment.
- A paper clip can be bent to form a very handy eyelid retractor.
- Technique

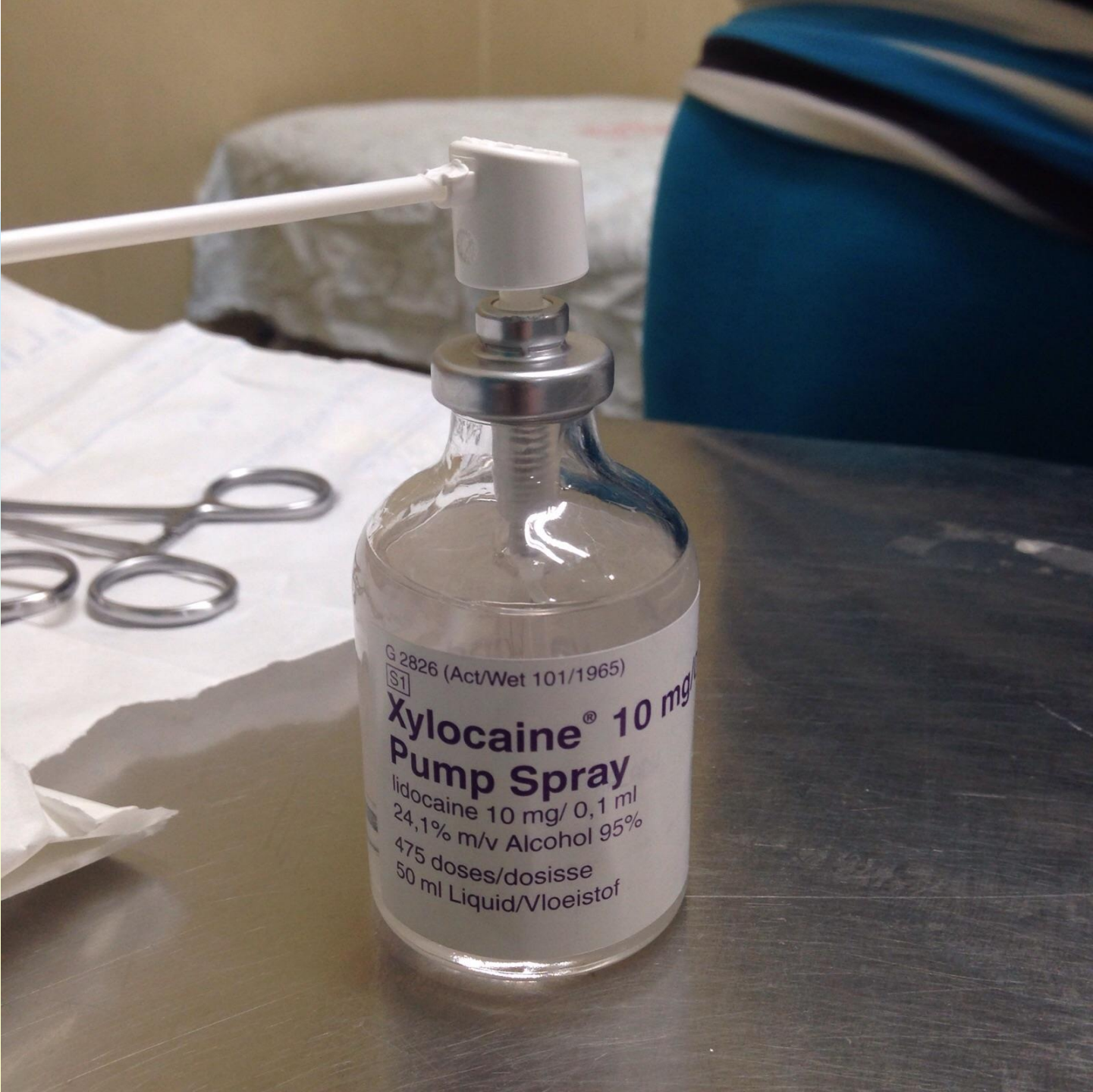


Tongue laceration



Suturing Tongue of Lacerations

- Use Vicryl® or silk to suture such lacerations.
- Saliva 'digests' chromic or catgut material too rapidly, causing dehiscence of the wound.
- The patient sticks out the tongue, you or an assistant grab it with a gauze swab, thus immobilizing the patient while you suture it.
- To anaesthetise the laceration, first spray 2 sprays of Xylocaine spray (10mg/spray) onto the laceration (and inject with lignocaine 1% if necessary.)



G 2826 (Act/Wet 101/1965)

S1

Xylocaine® 10 mg
Pump Spray

lidocaine 10 mg/ 0,1 ml
24,1% m/v Alcohol 95%

475 doses/dosisse
50 ml Liquid/Vloeistof

Steristrips®

- Small lacerations, especially in children, can be treated with these strips.
- Problem is, they come loose very easily and usually too soon.
- To make them stick for a long time, first paint the skin adjoining the wound with TBco (=Friar's Balsam), let it dry and then apply the strips.



Applic: EV 724 (Act 1998)
BENZOIN CO. TH
FOR EXTERNAL
Each 100ml contains
Tolu Balsam 2.5g/Stone
EXP.01/2005
BARRS PHARM INDU
by BARRS PHARM INDU
R STR.OBSERVATORY

2003 11 6

Chewing gum in the hair..

To remove chewing gum that is stuck in a child's hair can be difficult and often a pair of scissors is used to cut the gum from the hair. The result of this action is often disastrous!

Chewing gum can be removed easily by applying **paraffin**(=kerosene) to the gum.

Remove the gum manually or comb it out gently.

Peanut butter oil is an alternative if you do not have paraffin available.

Vaseline may also be tried.

Tar Removal

Road workers are exposed to tar and sometimes a worker sustains an injury on duty where liquid tar splashes on him or where it so happens that tar gets stuck to the body in one way or another.

Removing the tar can be a laborious process!

Here is a solution to the problem:

Spray **Q20[®]** on to the tar. Wait a little while and then wipe the tar off with a cotton cloth.



TRITON-LEO GROUP
(PTY) LTD
Est. 1994

Q

20

**SUPER MULTI-PURPOSE
LUBRICANT**

- Displaces moisture
- Stops rust
- Protects
- Lubricates
- Verdring vogtigheid
- Beëindig roes
- Beskerm
- Smeer

Irrigation of wounds

- Should you need to irrigate a wound before suturing, then use Plasmalyte-B, or Ringer-Lactate.
- Do not use Saline! It has a low pH (**5,5**) and could cause tissue damage and delay wound healing.
- The pH of Plasmalyte-B is 7,4 and that of Ringer-Lactate 6,5.
- There should normally be no reason why tap water can not be used!

S1



DISMED

CRITICARE

0.9% (M/V) SODIUM CHLORIDE FOR IRRIGATION

Reg No.
32/24/0563

1000 ml

Code
PS10

CONTAINS/BEVAT PER 1000 ml

SODIUM CHLORIDE BP 9g NATRIUM CHLORIED BP

**FOR IRRIGATION ONLY / SLEGS VIR BESPOELING
NOT FOR INJECTION / NIE VIR INSPUITING**

SINGLE DOSE ONLY / ENKELDOSIS ALLEEN

CONTAINS NO ANTIMICROBIAL SUBSTANCES

BEVAT GEEN PRESERVEERMIDDELS NIE

APPROXIMATE pH / BENADERDE pH 5,5

IMPORTANT / BELANGRIK

Use only if solution is clear and free from visible particles. Check for leaks by squeezing.

Discard any unused portion.

Caution: Do not heat this unit in excess of 66 °C.

Gebruik slegs indien oplossing helder en vry van sigbare deeltjies is. Toets vir lekkasie deur te druk.

Gooi oorblywende volume weg

Waarskuwing: Moet nie die eenheid bo 66 °C verhit nie

Store below 25°C / Berg onder 25°C

KEEP OUT OF REACH OF CHILDREN / HOU BUIITE

BEREIK VAN KINDERS

STERILE NON-PYROGENIC

STERIEL PIROGEENVRY

HCR:

DISMED CRITICARE (PTY) LTD

25 Tsessebe Crescent

Corporate Park, Midrand

Expiry Date:

Lot:

PN208

Opening a clenched fist

- Hold the wrist firmly.
- Press on the dorsum of the hand, forcing the wrist to flex.
- The fingers will automatically extend and the grip will relax.

Haemostasis

- Bleeding, deep scratches or abrasions that aren't suitable for suturing, can be treated with 'Steel drops' or Drichlor®.
- A few drops on a piece of cotton wool or gauze pressed onto the area that bleeds, provide good haemostasis in no time at all.
- Obtainable at chemists.

Communicating with the elderly patient

- Many elderly patients have trouble hearing well, especially in a noisy environment.
- During a consultation you might need to speak very loudly.
- This might sound like an argument to the other patients in your waiting room and is embarrassing to everybody.
- Establish better communication with the patient by placing the ear pieces of your stethoscope in his/her ears and talk into the bell. (You could also try a fetoscope).

Communication aids



Taking medicine

- The song says: ‘Just a spoonful of sugar makes the medicine go down in a most delightful way’.
- It does not always work this way with children.
- Let the child suck one or two ice cubes prior to taking the medicine.
- This will desensitize the taste buds.
- Babies and young children usually submit and take the medicine if the “mouth-opening” grip is applied by a competent person.