



All Things

First Aid

First Aid For...Fingernail Injuries

The 5 major injuries

- A nail bruise.
- A laceration. This is where a cut slices through the nail.
- Fingertip amputation.
- Nail avulsion. When the nail becomes removed from the nail bed.
- A broken finger.

First Aid for Fingernail Injuries

For a Nail Bruise

- Remove any jewelry and rings on that finger or toe.
- Elevate the injured limb above the heart to help with pain and throbbing.
- Use a pain reliever as needed.
- See your doctor if the bruise takes up more than 25% of the nail. The bruise is very painful and cannot be alleviated using the above technique. Or if there is excessive swelling and the bruise needs to be drained.

A Lacerated Nail

- You will need to go to your local hospital emergency room.
- Remove all rings and jewelry from the injured finger or toe.
- Stop bleeding by applying direct pressure on the wound.
- Elevate the injury above the heart to slow down blood flow.
- Once bleeding has stopped examine the injury.
- Gently wrap the injury and head to the hospital.
- DO NOT attempt to remove the cut nail from the nail bed.



All Things

First Aid

Fingernail Amputation

- You will need to go to your local hospital emergency room.
- Remove jewelry and rings from injured finger or toe.
- Apply direct pressure to the wound to stop the bleeding
- Elevate the injury above the heart to slow down blood flow.
- Wrap injury in gauze or dressing.
- Wrap amputated part in clean wet gauze or wet paper towels. Place inside a zip-lock bag and put zip-lock bag on ice. Take it with you to the emergency room.

Nail Avulsion (nail becomes removed from the nail bed)

- You will need to go to your local hospital emergency room.
- Remove jewelry and rings from injured finger or toe.
- Apply direct pressure to the wound to stop the bleeding
- Elevate the injury above the heart to slow down blood flow.
- Wrap injury in gauze or dressing.
- Wrap amputated fingernail in clean wet gauze or wet paper towels. Place inside a zip-lock bag and put zip-lock bag on ice. Take it with you to the emergency room.
- If the nail bed has not been injured they may be able to reattach the nail.

A Broken Finger

- You will need to go to your local hospital emergency room.
- Gently wrap injured finger or toe.
- Elevate injury above heart to help with pain and throbbing.
- If the finger is crooked DO NOT attempt to straighten it.
- You doctor will apply a splint or place a wire in the tip of the finger to keep it in place.