



EDMONTON SOCCER FACILITIES

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TURF (Carpet) BURN TREATMENT

Playing sports on artificial turf you may experience what is known as “turf burn”

Turf burn can occur after sliding or skidding across artificial turf. These abrasions, which are due to friction, can tear into the top layer of skin. It may feel as if your skin has been scraped against sandpaper and if not treated properly can lead to serious infection.

If you experience turf burn after a fall, clean and treat the abrasion immediately to avoid complications.

Make sure your hands are washed thoroughly with soap and water prior to handling any wounds. Anyone assisting you should have clean, freshly washed hands and/or gloves if possible. Gently apply pressure to the wound to help stop any bleeding.

Once bleeding stops, rinse the wound with plain water and pat the area dry with a clean cloth. **Run cold water over a rug burn for up to 15 minutes.** The coldness can reduce swelling and inflammation. After rinsing the wound, you can clean it with cool running water and a mild soap.

Don't use alcohol or hydrogen peroxide, which could cause additional pain and stinging or delay healing. After cleaning the area, dry the wound with a soft cloth.

- Take care to remove any dirt, turf fiber, or debris from the sore. It may be difficult to clean a turf burn due to pain, but this process is necessary to avoid infections. Take your time and don't apply too much pressure.
- Apply an antiseptic ointment to the wound. If you don't have an antiseptic, apply a thin layer of Aloe Vera over the abrasion. This is a natural antiseptic. Aloe Vera can reduce inflammation while providing a cooling sensation.
- You may want to cover the abrasion with a hydrogel dressing and a sterile gauze. This will protect the area from bacteria and help prevent an infection.
- Continue to apply antiseptic ointment and a new, clean bandage daily until the abrasion heals.

Examine your abrasion over the next couple of days or weeks for signs of an infection. See your doctor if the wound does not improve or if your pain level worsens.

If you experience redness or worsening pain and/or swelling after the area has begun to heal, nausea, vomiting, fever, pus, foul smelling odor, joint or muscle pain, this could be signs of a serious infection. Please see a healthcare provider immediately.