

# VENICE PLASTIC SURGERY

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*Cosmetic, Reconstructive, Face, Breast, and Hand Surgery*

## **Pediatric injuries**

I do not see a lot of pediatric injuries but there are children here. Kids are innocent and do not realize the dangers they come across. It is up to the adults to protect our young. What are the common injuries that I see and what can we do to better protect the future generation.

The protection starts in utero. Neither the Mom nor the Dad should smoke. Remember that second hand smoke is as bad as smoking itself. No drinking alcohol. There are direct toxic effects on the unborn child and also the secondary injuries that may result from you having a car accident or just from falling. Use seat belts and wear them correctly. Take care of yourself. Stay healthy so you can care for your offspring.

Start by making your house child proof. Ask parents who have already had children for their kid proofing ideas. Read up on it. It seems that most youngsters are injured at home. They may get scrapes and little cuts while playing outside but the worst things occur inside the house.

Never assume that a child cannot get into something. They can and will do it. Since we know they can get into that cabinet then we must be sure there is nothing inside that may hurt them. Wall off the pool. Simply locking the door to the lanai area is not good enough. One of your guests may leave the sliding door unlocked. It is not good enough that you alone are careful.

Cover unused wall outlets. This is a must because they will find something to stick in there and either get electrocuted or burn their hand at a minimum. Kids bite into lamp cords and burn their lips. Make sure they are not frayed, old, thin or brittle. Other burns are from the kitchen area. Kids are burned every day unnecessarily when they pull that hot pot off the counter or stove. Do not leave children alone in the kitchen for even one minute, never. Maybe we should use a gate or barrier for the kitchen. I am serious. It only takes 2 seconds for a burn that will scar the child forever.

Animal and dog bites are frequent injuries. Every animal owner will tell you how nice and harmless their pet is. Even the nicest animals are unpredictable and likely to bite a child. Children do not know how to interact with animals. The opposite is also true. The dog may play with the owner by biting his hand gently but this gentle bite may result in a terrible injury to a 2 year old's face.

When biking or skate boarding a helmet must be worn. Knee and elbow pads are not a bad idea either. These middle aged children must be instructed about first aid. When I was a young lad we had these courses in school. With cut backs in funds for education our children are not getting some of these basic classes. It is now the parents responsibility. Just do it.

The open barbeque pit is a disaster area. Adults get injured here as well. Do not have an open pit if any child will be present. For the grill filled with charcoal we must be careful for dropped coals.

The last area I will cover is the squeeze or pinch injury. This occurs commonly. The finger gets stuck in the closing door of the bedroom, the car or cabinet. Save the piece in a moist gauze and put it in a jar or plastic bag. Do not soak it in water or put it in ice. For periods of time over an hour or more some cooling of the part is good but it must not get too cold. Ice may ruin the part.

Our kids deserve the best we can give them. We know more to help them today than we did even 10 or 20 years ago. These children will be the next leaders. Let's make sure they have the best start.

**The above represents the opinion of A. E. Haas, M.D.**

**Venice Plastic Surgery, Venice Wound Center, Lakeside Medical Center**

**Just call us directly. No referral needed unless required by your insurance company**

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