

## Reducing Cuts & Lacerations

### Cuts & Lacerations

Patients taking warfarin are at increased risk for more prolonged or serious bleeding events.<sup>1</sup> Your kitchen represents your greatest risk for a cut or laceration. Knives, scissors, forks and glasses are common causes of kitchen injuries.

You can reduce your risk of an injury if you take some simple precautions and know where to look. Maintaining your INR (International Normalized Ratio) in your target range can help reduce the risk of a more dangerous bleeding event. An INR of greater than 4.0 significantly increases your risk of bleeding.<sup>1</sup>

### Cutting Edges

Every household and apartment has a drawer that holds aluminum foil, plastic wrap, and wax paper. These boxes all have one thing in common: a raised

metal edge to cut the product. To reduce your risk of serious injury, rotate the box so the cutting edge faces down. This will reduce your risk of laceration to your fingers, hand and wrist.

Re-check this drawer after visits from children or grandchildren, catered parties, neighborhood lunches, and home health care visits.

### Dishwashers

Even though placing knives and forks point side up, with the handles down more easily clean the prongs of the forks and the bowls of the spoons, it increases your risk of injury. Place all knives and forks point side down will increase your safety while unpacking.

### Garbage Cans

Never reach or push down the garbage – sharp tops from tuna and pet food cans can cause dangerous lacerations.

**Cuts and lacerations should be reported to your doctor. Serious bleeding requires immediate attention and is considered a medical emergency.**

For more information on improving your safety,  
visit **[www.PTINR.com](http://www.PTINR.com)** or call **1-877-262-4669**



WellLife: A guide for living on warfarin  
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1. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.