



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Cuts and Scrapes Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Cuts and Scrapes Support

Root Health L.L.C, The Solinger Method

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What Are Cuts and Scrapes

Cuts and scrapes are among the most common childhood injuries and occur when the top layer of skin, the epidermis, is broken or removed through abrasion, friction, or a minor sharp object. In children, these injuries are typically shallow and heal quickly due to excellent blood flow and strong regenerative capacity.

From a naturopathic perspective, minor wounds offer an opportunity to support the body's natural healing pathways. Skin healing involves an elegant sequence of inflammation, tissue rebuilding, collagen formation, and barrier restoration. When supported properly, this process is efficient and results in reduced scarring and faster recovery.

Cuts and scrapes become a concern only when contaminated, improperly cleaned, or deeper than the superficial skin layers. With proper care, most pediatric wounds heal fully within three to five days.



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Signs and Symptoms

- Redness around the wound
- Mild swelling
- Tenderness
- Light bleeding
- Clear or slightly yellow drainage during early healing
- Formation of a protective scab

Common Contributors

Falls and Active Play

Most childhood abrasions come from playgrounds, bikes, sports, or simply running.

Poor Skin Hygiene

Can increase risk of infection if the wound is not cleaned promptly.

Dry Skin or Eczema

Skin that is already irritated breaks more easily.

Nutrient Gaps

Low zinc, vitamin C, or protein may delay healing.

When to Seek Medical Care

- Deep wounds that gape open
- Heavy bleeding that does not stop with pressure
- Signs of infection such as spreading redness or pus
- Fever accompanying a wound
- Animal or human bites
- Wounds on the face that may require closure
- Wounds containing glass, gravel, or debris that cannot be removed

Most minor cuts and scrapes can be cared for at home with simple supportive measures.

Functional Wellness Support

Immediate First Aid

Clean the Wound

Rinse with warm water to remove dirt and debris. Use mild soap around the area if needed.

Gentle Debridement

If dirt remains, use a sterile saline rinse or clean gauze to gently loosen it.

Do Not Use Harsh Antiseptics

Substances like hydrogen peroxide or rubbing alcohol damage healthy skin cells and delay healing.

Promoting Healing

Keep the Area Moist

Modern wound care recognizes that wounds heal faster in a moist environment. Use a thin layer of a healing ointment or botanical salve.

Cover With a Breathable Bandage

This protects the wound while allowing air exchange.

Change Bandages Daily

Replace dressings if they become wet or dirty.

Allow Scabs to Fall Naturally

Picking increases scarring and delays healing.

Naturopathic Topical Support

Calendula

Reduces inflammation and supports tissue regeneration.



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Aloe Vera

Soothes irritation and cools inflamed tissue.

Honey, medical grade only

Provides antimicrobial support and promotes moist wound healing.

Root Health L.L.C Healing Salve

Formulated to soothe, protect, and accelerate tissue repair. Excellent for minor cuts, abrasions, and irritated skin. Available in the Shop section of the website.

Immune and Nutritional Support

Vitamin C

Supports collagen formation and immune activity.

Zinc

Essential for wound repair and skin integrity.

Protein

Adequate dietary protein improves tissue rebuilding in growing children.

Pediatric Supplement Blends

Children's ImmuneSupport

Often includes vitamin C, zinc, and elderberry to support healing.

Children's Skin and TissueSupport Formulas

May include calendula, chamomile, or plant based antioxidants.

Pediatric Dosing Guidelines

Vitamin C

- Ages two to five, one hundred twenty five to two hundred fifty milligrams
- Ages six to twelve, two hundred fifty to five hundred milligrams
- Ages thirteen to seventeen, five hundred to one thousand milligrams

Zinc

- Ages four to eight, five milligrams
- Ages nine to thirteen, eight milligrams
- Ages fourteen to seventeen, eight to ten milligrams

Herbal Glycerites

General guideline, one to two drops per ten pounds for immune support.



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Supplement Access

A complete supplement protocol for Pediatric Cuts and Scrapes Support is available in Fullscript under Protocols. Parents can create a free account to access the healing support formulations recommended for wound recovery.

Parent Friendly Summary

Cuts and Scrapes Are Common and Heal Quickly

Children heal rapidly with simple care. The goal is to clean the wound, protect it, and support the body's natural repair process.

Simple Home Support

- Rinse with warm water
- Apply a healing ointment or Root Health Healing Salve
- Cover with a clean bandage
- Keep the area moist for faster healing
- Avoid harsh antiseptics
- Do not pick scabs

When to Recheck

Seek care for deep wounds, spreading redness, pus, fever, or debris that cannot be removed.