

Cambridge Community Gymnastics

Get a Grip on Rips!™

The smart and healthy way
to prevent and heal blisters.

In this **Rip Kit**, you will find the products and information you need to treat the rips you get, as well as to help prevent them in the first place.

Definition:

A **rip** is a blister that forms and rips open all at once. There is no chance to try to preserve the natural band-aid that the body forms to help it heal in a sterile environment.

Rip Kit Contents:

- *Liquid Natural Vitamin E**(Expiration Date is date till when maximum potency is guaranteed by manufacturer.)
- *Cotton Swabs*
- *Athletic Tape*
- *Oil-Free Hand Lotion*
- *Pumice Stone*
- *Hand Salve*

Treatment of Rips:

1. **Wash your hands** thoroughly with soap - antibacterial soap is preferable, especially if the rip is bleeding. (Sorry, but this may sting a little.)
2. **Remove the excess skin** by pulling the skin towards the center of the rip, working from one side to the other. Do NOT pull up and away from the center (this will hurt as it tears into live skin, and make the rip much bigger). It should not hurt too much to do this correctly, and it will leave the rip looking smoother with the surrounding skin. You may need to use nail clippers if the skin is very thick, or if there is still a large callus left behind. Try to remove as much dead skin as possible from around the rip.
3. **Apply the liquid Vitamin E** to the rip by using a *cotton swab*. Dip the *swab* into the bottle of *Vitamin E*, and gently apply the *Vitamin E* only to the rip area where the fresh skin is exposed.

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4. **Cover the rip with a piece of tape.** Cut a square piece of *athletic tape*, and place it directly on top of the rip. It will not stick to the rip itself since it has the *Vitamin E* on it, but it will stick to the skin all around it. The *tape* provides protection (both for the rip from things getting into it, and for everything you touch from getting *Vitamin E* on it), but also allows the rip to breathe since the *tape* is cloth-based.
5. **Change the dressing** 2-3 times/day, as needed. Sleep with the rip covered every night until the rip is healed completely, and cover it during the day until it is not raw anymore. Leave it uncovered for at least some time everyday to allow the rip to dry out just a little bit.

Follow this procedure, and the rip should heal very quickly, most likely in 3 - 5 days.

Maintenance of Healthy Hands/Prevention of Rips:

1. **Only use *oil-free lotion* on your hands.** Petroleum-based lotions don't absorb into your skin, so when you swing on the bars, the oil heats up and can cause your hands to hurt, and actually facilitate the development of rips. Never use Petroleum Jelly on your hands!
2. **Smooth calluses down with the *pumice stone* regularly.** This will greatly reduce the chances of a callus getting "caught" on the bar and ripping off. The *pumice stone* is especially effective when your hands are wet.
3. **Spot treat sore calluses and healing rips with the *hand salve*.** The *hand salve* has specific ingredients known to promote healing, and it will help keep your hands soft. Using it on old rips will help reduce the chances of them re-ripping.

The goal of prevention is to keep your hands softer and smoother, but not *too* soft and smooth. It's good to have a little roughness to your hands, including small calluses.

Happy Swinging!!

This ***Get a Grip on Rips! Rip Kit*** was prepared by Abbie B. Green, MPH, Executive Director at CCG. If you have any questions, please contact her directly via email at director@cambridgegymnastics.org.