

SKIN PICKING

AND & AND &

INFECTIONS

TIPS

@pickingmefdn

INFECTION QUIPS



my skin picking has caused such a bad infection that it woke me up from a deep sleep because it was so fucking painful, good morning



Even Dio Brando thinks black lives matter @VaraShitposts · Aug 6
TW// skin picking , wound / infection mention
GOD don't you LOVE it when a place you've been picking at gets red and swollen and the area around it is sore to touch. /s



lane papyrus lovebot
@lane_sunfallz

tw self harm, skin picking

"NOOOO YOU CANT JUST SCRATCH AND PICK AT YOUR SKIN WHENEVER YOU'RE ANXIOUS OR BORED!! WHAT THE HELL IS WRONG WITH YOU? YOU ARE GOING TO HAVE SO MANY UGLY SCARS!!! AND WHAT ABOUT INFECTIONS??"

"haha excoriation disorder go brrrrr"



@fuzzyterror

I have another toe infection because I can't stop picking at myself incessantly! dermatillomania reacts only

#pickingme

INFECTION PREVENTION

- Clean wounds with water and cover with Band-Aids or gauze right away. Change them regularly to keep wounds clean

- Thoroughly wash hands often

- Apply honey. It can kill bacteria & has nutrients that promote quicker healing

- Tea tree oil can also promote healing & help reduce inflammation

- Use a gauze pad, Q-tip, cotton ball, etc. when applying any treatments to the skin

INFECTION SYMPTOMS

- A red ring forms around the sore

Pro-tip: Draw a black line around the redness surrounding the sore. If the redness spreads past the line by the morning, seek medical treatment

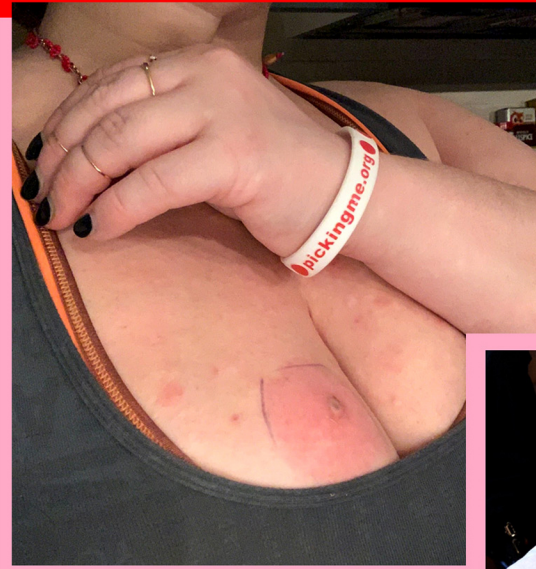
- Possible fever, chills, pain, nausea

- Green or yellow discharge from the area, it may also give off a foul odor

- The wound is tender to the touch and/or painful

INFECTION TREATMENT

- Seek treatment with a doctor ASAP if you experience symptoms more than 1-2 days
- Ask your doctor about possible cellulitis or abscesses
- Cleanse with Hibiclens on gauze pads
- Treat affected area with Mupirocin
- Ask for a cautionary swab for MRSA
- Take or use topical, oral or IV antibiotics, oral, or prescribed by a doctor/medical professional



#PICKINGME CEO
@LAURENMCKEANAY'S
EXPERIENCE WITH



SKIN PICKING
AND
INFECTIONS



FOR MORE MANAGEMENT STRATEGIES VISIT

PICKINGME.ORG/
MANAGEMENTTIPS