

Straddle injuries – parent information sheet

Most straddle injuries are minor. The tissue in this area of the body is very delicate and even minor injuries can appear to bleed a lot. Most of these injuries heal rapidly with no complications.

Before you see your doctor:

- You can apply pressure with a clean cloth or gauze to the area that is bleeding. This will reduce or stop the bleeding.
- You can give your child paracetamol or ibuprofen if they are in pain.

Doctor's assessment:

- Because straddle injuries need to be assessed carefully, your doctor will ask for specific details about the injury, your child's medical history and whether your child can pass urine.
- When your child is examined the doctor will look at the injury to determine if any treatment is required. Internal examinations are very rarely required. Your child may be scared and may require lots of reassurance and sometimes medication to allow the examination to happen. Most of the time, the injuries are small cuts or bruises that heal spontaneously.

Treatment at home:

- The most common treatments for this injury aim to make it less painful when your child passes urine (e.g. anaesthetic gel or Vaseline to the area, and getting your child to pass urine in a bath).
- Reduction in strenuous activity for the next day or so is also recommended to allow healing and to prevent further injury.
- Most of these injuries do not need any specific follow-up.
- If you are concerned, your GP can check that things are healing well.
- We expect most of these injuries to get better within the next couple of days.