

Mayo Clinic Minute

Be careful when carving on Thanksgiving

Video	Audio
	This Thanksgiving, don't let a poke, stab or slice prevent you and your family from enjoying turkey time.
00:00:36 DR. SANJ KAKAR 02:	"We see a lot of turkey-cutting injuries."
	Dr. Sanj Kakar, a Mayo Clinic orthopedic hand surgeon, says Thanksgiving is supposed to be a time dedicated to family, football and food, but too often, it turns into a day of finger and hand injuries.
00:00:38 Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	"In terms of what happens is that people who aren't familiar with using a knife tend to do it, and their hand tight – slips, and if you actually think about how you're cutting, you have – the knife can actually slip and puncture your hand."
	Dr. Kakar sees patients who have cut tendons or even cut fingers off on Thanksgiving trying to carve a turkey.
00:01:28 DR. SANJ KAKAR 02:	"Well, I think the No. 1 risk factor is alcohol."
	So if you've been drinking, leave the carving to someone else.
00:02:41 DR. SANJ KAKAR 02:	"Another common cause for injuries is with distraction. So the whole family is gathered around. There's a lot of excitement. The turkey comes out, and one can be distracted when you're doing it."
	That's why he recommends doing the carving in the kitchen away from distractions, then bringing the sliced turkey to the table.
	For the Mayo Clinic News Network, I'm Jason Howland.