



Mayo Clinic Minute: Kitchen hand injuries to watch out for

It's the time of year when families and friends are gathering, celebrating the holidays and the end of another year. And usually, it happens in the room that tends to be the center of many gatherings — the kitchen.

It's also where accidents can happen, especially when alcohol is involved.

Dr. Sanj Kakar, a Mayo Clinic orthopedic surgeon, says he's seen many unfortunate accidents, and he urges everyone to celebrate safely and use extra caution in the kitchen this holiday season.

	Video	Audio
	Dr. Sanj Kakar can most often be found in surgery, helping patients with issues like carpal tunnel syndrome, thumb arthritis, wrist pain, and disorders of the hand and wrist.	
	But the holidays are the time of year he and his colleagues tend to see more emergencies due to kitchen accidents — especially from cleaning mishaps.	
Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	"Imagine the dishwasher and the empty dishwasher, and you have the plastic that holds the dishes, I've seen a patient fall over."	
	Falling handsfirst onto metal racks like these.	
	"The actual rack itself had impaled her hand, and we had to take her to the operating room to actually pull that out."	
	He says blenders can be a problem — both when in use and, believe it or not, when they are not in use.	
	"But with patients when they're trying to clean the blender because they think it's out of the electricity and so it's not going to spin, but they're trying to get their hand into there because the dishwasher doesn't clean it very well. And I've seen patients actually cut the tip of the finger off, even with the blender."	
	And be careful when cleaning wine glasses — glass cuts can be difficult.	
	"While we're in the kitchen, we want to enjoy food, but it can be a dangerous place."	
	So be careful, have patience and enjoy your time in the kitchen injury-free.	
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.	