

How To Remove A Splinter With No Pain, Needles, Cutting Or Doctors

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Most splinters are in and out in a few seconds with little first aid required, but sometimes splinters can be real nasty - they can be big, get stuck in deep and get infected. I had to go to the ER once for a glass shard splinter. I felt it go in but I never saw it until they pulled it out - it was almost 3cm long!

I think when splinters don't come out quickly and easily, most people resort to needles and cutting with a sharp knife etc. These methods don't always work and they can actually make things a lot worse, either way there is pain and blood involved. There doesn't have to be pain, blood, knives and needles though - all you need is some [magnesium sulfate, or Epsom salts](#) as it is better known. There are two ways you can use Epsom salts to remove a splinter.

You can mix some [Epsom salts](#) in a cup of warm water and then soak the finger etc in it for a few minutes 2-3 times a day, or if it's a bigger/deeper splinter, you can sprinkle a pinch of Epsom salts

onto a band-aid/wound dressing and apply put it over the splinter. Remove and re-apply twice a day. Within a day or so the splinter should work its way towards the surface, where you'll be able to pull it out without any pain.

(Photo from: Wikipedia)