

Keeping your skin healthy and free of pressure ulcers

Unrelieved pressure causes skin and tissue damage and can lead to a wound. The wound is called a pressure ulcer or bedsore.

When you are sick and in the hospital you are not moving around as much, putting your skin at risk for a pressure ulcer.

A pressure ulcer can:

- develop easily around boney areas such as buttocks, hips and heels.
- develop in a few hours, yet take months to heal.
- appear as a very small area on the skin, but the size of the area on the skin may not show the damage under the skin.
- restrict your daily activities which can slow down your recovery.
- cause infection and illness.

Your care team wants to help you keep your skin healthy. Please tell us if you notice anything at all about your skin that needs attention.

To prevent pressure ulcers, please follow these 6 steps to healthy skin.



Step 1: Check your skin every day

- Check your skin for areas of redness, blistering or bruising especially bony areas.
- Watch for numbing or tingling in spots where you support your body such as forearms, shoulders and buttocks.
- Look for darker areas of the skin that may feel hard or warm.



Step 2: Control your pain

Take pain medication so you feel able to move around.



Step 3: Keep moving – Relieve pressure

- Change your position as often as you can while lying and sitting. Even a slight change can help.
- Get up or move in bed carefully: try not to slide across the sheets.
- Ask for help if you cannot move yourself.
- Get out of bed as soon as you are able.



Step 4: Eat well – Your skin needs healthy foods.

- Drink plenty of fluids as recommended by your doctor.
- Eat protein such as meats, legumes and dairy products.
- Ask to see a dietitian if you do not feel like eating.

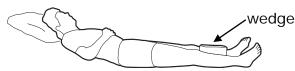


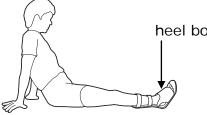
Step 5: Stay clean and dry.

- Use gentle soap and water or the hospital's cleanser and moisturizer products to gently clean your skin..
- Apply moisturizing lotion to dry skin to prevent cracking.

Step 6: Use special products

- Wear heel boots in bed if needed.
- Use a pillow between boney areas. Do not use a donut!





heel boot