

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!

