

How to Stay Wound Free

Pressure injuries or ulcers can develop within hours

Watch for:



- Skin colour changes (red, purple, blue)
- Warm areas
- Spongy or hard skin
- Pain

Take steps to protect your skin

Move and change position!

- Make small frequent movements
- Ask for help to turn or re-position
- Try to turn at least every 4 hours
- **Family can help** re-position legs, arms and head using towels or pillows for support
- Use pillows or towels to prop up heels so they rest in the air



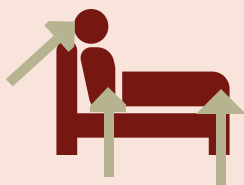
Keep skin dry and clean!

- Put a towel between skin folds to keep skin dry
- Make sure barrier cream is applied to your skin if you are incontinent (unable to control bladder and/or bowel function)



Be aware of pain or numbness!

- Look for changes in your skin
- If you feel pain or numbness, tell someone
- Pay special attention to bony areas such as the **tailbone, back of the head, elbows, and heels**



Stay hydrated!

- Dry skin is easily injured
- Drink water if fluids not restricted
- Moisturize skin with cream

