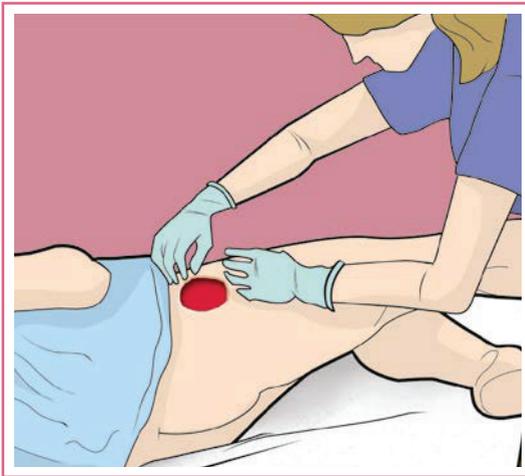


What is a **PRESSURE ULCER?**

A pressure ulcer, sometimes called a “bed sore,” is an injury to your skin that is caused by pressure. Sitting or lying in one position without moving puts pressure on your skin and slows down blood flow. When blood flow slows down, skin and tissue can die and result in a pressure ulcer.



How did you get

A PRESSURE ULCER ?

Pressure ulcers usually occur on bony areas like your tailbone, heels or hip bones.

The most common cause of pressure ulcers is not moving. If you are confined to a bed or wheelchair, you have a greater chance of getting a pressure ulcer.

Moisture and bacteria from urine or feces can be very damaging to your skin. Make sure your skin is always clean.

Helpful

HINTS !

- 1 Walk if you can, or exercise in your bed or chair.
- 2 Do not raise the head of your bed higher than 30 degrees, or almost halfway between lying down and sitting up.
- 3 Apply a cream or lotion to your skin, especially after a bath or shower.
- 4 Clean and apply a protective cream to your skin if there is a possibility that urine or feces will touch it.
- 5 Look at your skin every day.
- 6 Drink plenty of water.

What does it

MEAN TO YOU ?

A pressure ulcer means that you have an open wound on your body. Your doctor or nurse will tell you what treatment is right for you.

Your goal is to keep your wound moist and free from germs and infection. This is done with bandages. The type of bandage depends on:

- Where the wound is located on your body
- If the wound is wet or dry
- If the wound is deep or shallow
- If there is a possibility that urine or feces will touch the wound

What should you

DO ABOUT IT ?

It is very important to follow the directions given to you by your doctor or nurse.

These directions may include:

- Reduce the pressure to your wound. Pressure occurs when your body touches another surface. Be sure to shift your body at least every 2 hours while in bed or every 15 minutes while in a chair.
- You may need a special mattress or chair cushion to reduce the pressure to your wound. Your doctor or nurse will tell you what support surface is right for you.
- Follow the directions from your doctor or nurse when you change your bandage.
- Eat healthy foods and drink plenty of water.

Turn the page ▶

This brochure is not intended to treat, diagnose or prescribe. The information is for educational purposes only and is not meant to take the place of a consultation with a licensed healthcare professional

Directions for

How to change your bandage !

- 1 Wash your hands with soap and water.
- 2 Collect the supplies you will need (your doctor or nurse will fill this in):
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- 3 Get into a comfortable position to change your bandage.
- 4 Place a large plastic bag or cover on your bed or chair to protect it.

How to remove your bandage

- 5 Place your hand into a small clean plastic bag.
- 6 Grasp the old bandage with your bag-covered hand and gently remove your bandage.
- 7 Turn the bag inside out over the old bandage.
- 8 Close the bag tightly and throw it away.

How to examine your pressure ulcer

- 9 Look at your ulcer. As the wound heals, it will slowly become smaller and drain less. New tissue is pink or red and may look lumpy or shiny.
- 10 Do not disturb this tissue. Clean it gently.
- 11 Tell your doctor or nurse if your wound gets bigger, if it has more drainage, if it is more painful or swollen, or if it is not better in 2 to 4 weeks.

Bandage your wound (doctor or nurse instructions):

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Doctor or nurse contact information:

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