

Skin Care

- Keep skin clean using cleansers that are PH balanced for the skin
- Dry skin is a risk factor for pressure ulcers, use skin moisturizers daily on dry skin
- Handle skin gently
- Protect skin from moisture
- Proper skin cleansing after incontinence is important
- Check your skin daily, especially in areas where sensation is decreased
- Look for redness, discoloration, bruising and changes in texture
- Assess pressure points, such as back of head and ears, shoulders, elbows, tailbone and buttocks, hips, knees, ankles and heels

