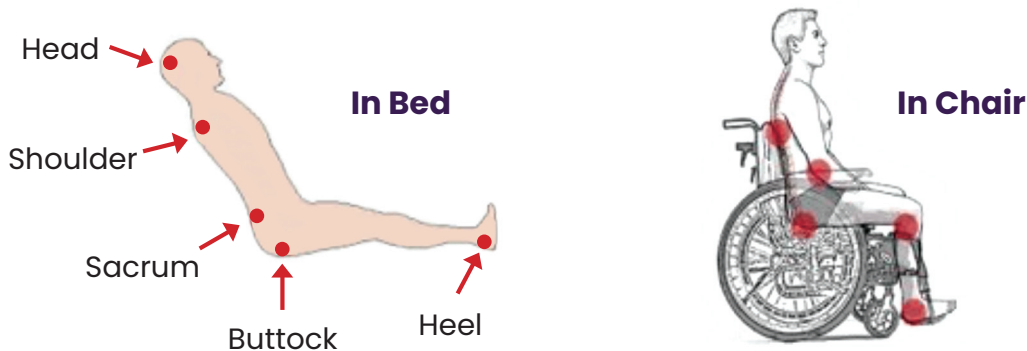


## Skin Care and Pressure Ulcer Prevention

These tips from Tidewell Hospice can assist caregivers with preventing new pressure ulcers, assisting in healing pressure ulcers and providing comfort and care to the patient.

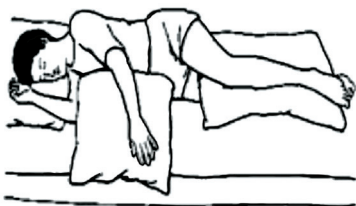
- In bed, change patient's position every two hours.
- In chair, change patient's position every 15-30 minutes.
- Provide incontinence care every two hours and when soiled.
- Relieve pressure by using pillows.
- Apply barrier cream as ordered.
- Report skin changes, pain, redness and new wounds to Tidewell.
- Change wound dressing as needed.

### Pressure Ulcer (hot spots)



### Healing and Prevention

Positioning on the Side



Use of Pillows



Change Dressing



Call Tidewell if skin changes, pain, redness and new wounds are seen.

Call Tidewell with any questions (855) 843-3935: \_\_\_\_\_