

A Guide To Pressure Ulcer Care





About Pressure Ulcers

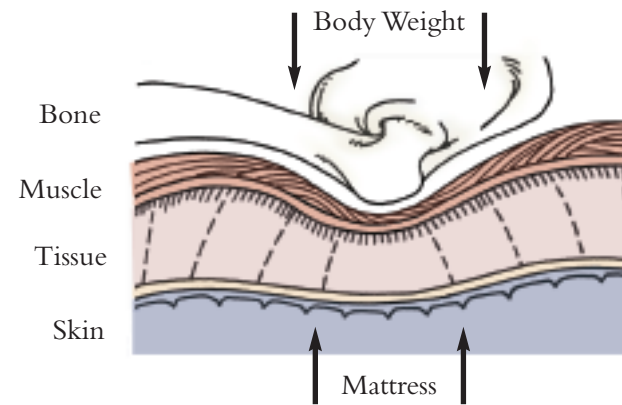
A pressure ulcer is caused by prolonged sitting or lying in one position long enough to cause damage to the skin. The ulcer may be very painful and may drain a little or a large amount.

What to Do

- Change position at least every two hours.
- Avoid lying directly on the ulcer.
- Avoid sliding or dragging over the bed or chair, which can lead to more pressure damage.
- While in bed, lie at a 45-degree angle with pillows to support the back. This avoids pressure directly on the hip.
- Place pillows under the legs to suspend the heels and eliminate pressure to them. Do not place pillows under the bend of the knee.
- Encourage good nutrition and fluid intake to help heal the ulcer.
- Control episodes of incontinence so the ulcer remains clean and dry.
- Provide wound care as prescribed by the physician.
- Notify the doctor if there is an increase in redness, drainage, swelling or if a temperature develops over 101 degrees F.



Tissue Under Pressure



Any wound that has not started to heal in two weeks or completely healed in six weeks may benefit from a specialized wound care center. Ask your regular physician if a referral to a center for wound care might be the right option for you.

