

Guidelines for Suspected Deep Tissue Injury



Definition:

- Localized area of discoloration (purple/maroon) with the skin intact, or a blood filled blister
- The area may be painful, firm, mushy, boggy, warmer, cooler prior to discoloration

Goal:

- If possible, remove cause
- Attempt to prevent further tissue damage

Treatment:

Obtain a physician order:

1. Use Standard Precautions
2. Cleanse area gently
3. Pat dry: do not rub
4. Apply a thin Hydrocolloid Dressing such as Duo Derm Extra Thin or Tegaderm Clear to area
5. Change once a week and/or PRN
6. Apply skin prep for intact heels
7. Educate patient and family about pressure ulcers, turning frequently (as patient chooses/allows) and document education/response by caregiver
8. Document per agency protocol

Mattress recommendation:

Foam

**** Note: These are wound care guidelines only. Consult with the primary physician for specific orders.***

