

# A Simple Guide to Skin Care



Good skin care is especially important for anyone who spends a lot of time sitting or lying down. Good skin care increases comfort and helps prevent pressure wounds and infection.

## Helpful Hints:

- Add extra cushioning to favorite chairs.
- Use a special mattress – ask your care team for more information.
- Keep bed linens dry and wrinkle free.
- Use pillows to support the body in comfortable positions.
- Use heel and elbow protectors.
- Keep skin clean and moisturized.
- Avoid rubbing any cracked, open or blistered areas. You may gently rub any dependent areas that blanch when touched.
- Change positions in bed by turning from side to side every two hours. If able, get out of bed and sit in a chair.
- Change damp or soiled linens and clothing promptly.

## Signs of Skin Irritation:

- Redness or other discoloration
- Warmth or heat
- Cracks, blisters, scrapes
- Drainage
- Bruising
- If you notice these or any other changes, please tell your hospice nurse as soon as possible.

