

Nine tips to prevent pressure ulcers



1. Relieving the pressure in the affected area

It is convenient to change the position of the person every two hours at least.



2. Distributing the pressure in a different way

Body parts can be clamped with foam pillows or anti-bedsores pillows to redistribute pressure.



3. Using a special mattress

Mattresses of foam, air or gel help to deaden the pressure and to protect the skin of vulnerable persons.



4. Cleaning and bandaging the wounds

Use soft soaps and lukewarm water to wash the affected area and cover the wound with specific products.



5. Keeping the skin well hydrated

Hydrate the skin in a soft and constant way to reduce the pressure and the stress, especially the feet and legs, since they are drier zones.



6. Using protective cream for incontinence

Wet skin increases the risk of ulcers: if skin is not broken, the cream can act as barrier between dampness and irritation.



7. Following a healthy diet

A good nutrition, with a suitable ingestion of proteins, may increase immunity and promote the healing of wounds.



8. Considering other complementary therapies

Some remedies like aloe vera gel may be used as a complement, but it is necessary to act with precaution and to consult the professionals.



9. Looking for medical attention if the pain persists

Pressure ulcers have a high risk to develop into a severe infection that may cause permanent damages.