

Bed Sores and Skin Issues

When we sit or lie for a long time our skin may become sore. If this happens you should inform your Healthcare Professional. The tips below may help.



Drink lots of fluids



Do not use creams that contain oil



Move around more, change position in bed or chairs



Do not smoke



Get comfy with air mattress or pressure cushions



Keep your skin clean and dry



Change bedding as often as possible



If in doubt contact your Healthcare Professionals