

How to Prevent Bed Sores

Pressure ulcers can start forming in as little as 4-6 hours, so it's best to turn and position the person receiving care or encourage them to change position or move around if they can every 2 hours.

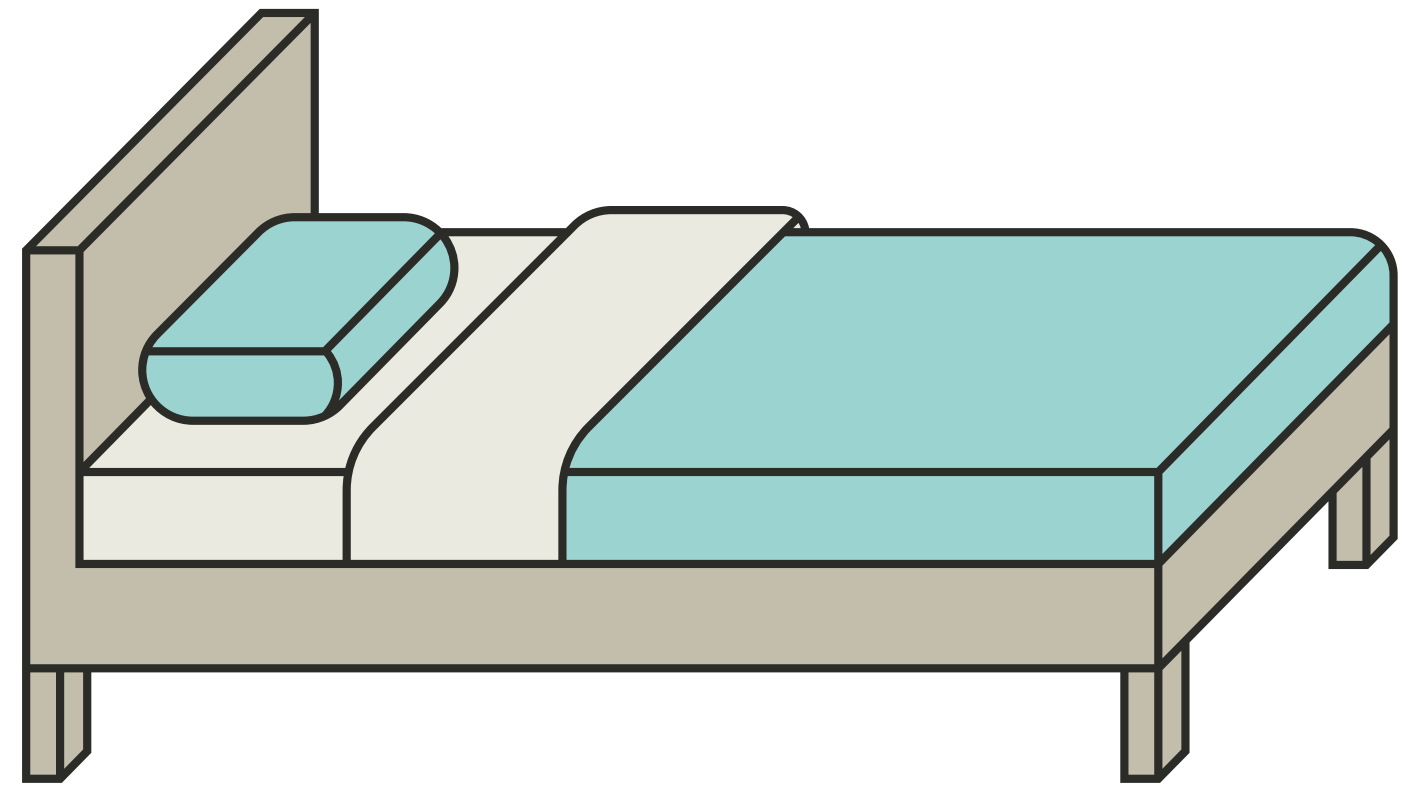
Preventative Measures

Start by keeping skin clean and dry. Check over skin daily for any red areas, especially over bony areas like elbows, heels, or hips.

Use pillows behind the back and between the knees to help relieve pressure on bony areas.

Using heel protectors while the person you're caring for is in bed can also help prevent their heels from getting ulcers.

If sitting up, specialized seat cushions can be used. If not available, put a pillow under their hip and rotate sides every two hours to reduce pressure.



♥ If the individual you are caring for spends prolonged time sitting or lying down, it can increase the risk of getting bed sores, also known as pressure ulcers.

A high protein diet can also help prevent and heal pressure ulcers because protein helps build and repair muscle and skin tissue.



Encourage the person you are caring for to do range-of-motion exercises as this will help improve their muscle strength making it easier for them to move around and change positions independently.



**For a more detailed tutorial,
please scan the QR code.**