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Patient information

What are pressure ulcers?

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What are pressure ulcers?



Pressure ulcers are areas of damage to your skin caused by pressure. Sometimes they are called bed sores.








Without treatment, pressure ulcers can get worse and cause you more pain.



You are more likely to get pressure ulcers when you are in hospital. A nurse will check your skin for any sore spots or skin changes.



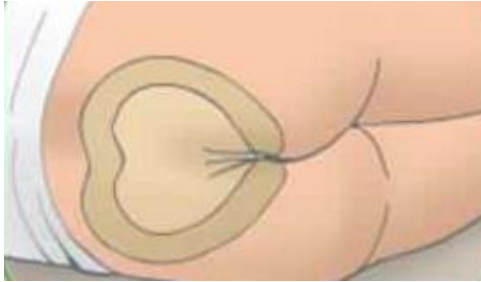
This can include checking your feet, elbows, back and bottom area.

	<h2>How to prevent pressure ulcers:</h2>
	<p>You can help protect your skin.</p>
	<p>Don't sit or lay on pressure ulcers or sore areas.</p>
	<p>Don't stay in the same position for longer than 2 hours.</p>
	<p>A nurse will help you change position if you need help</p>
	<p>You might be given a special mattress or cushion to stop your skin getting sore.</p> <p>It may vibrate (tremble) because this helps.</p>

How to prevent pressure ulcers:



Tell a nurse if you have pain or there's changes to your skin.



A nurse might put creams or dressings to any sore spots you have.



A specialist wound nurse may come and check your skin and put a plan in place.



Make sure you are eating and drinking well.



Keep your skin clean and dry.



If you need help to get clean after going for a wee or a poo, ask the nurse for help.

What happens when you go home?



People in the hospital will check whether you need any extra help to prevent pressure ulcers when you go home.

You might need a special bed, mattress, or cushion at home.

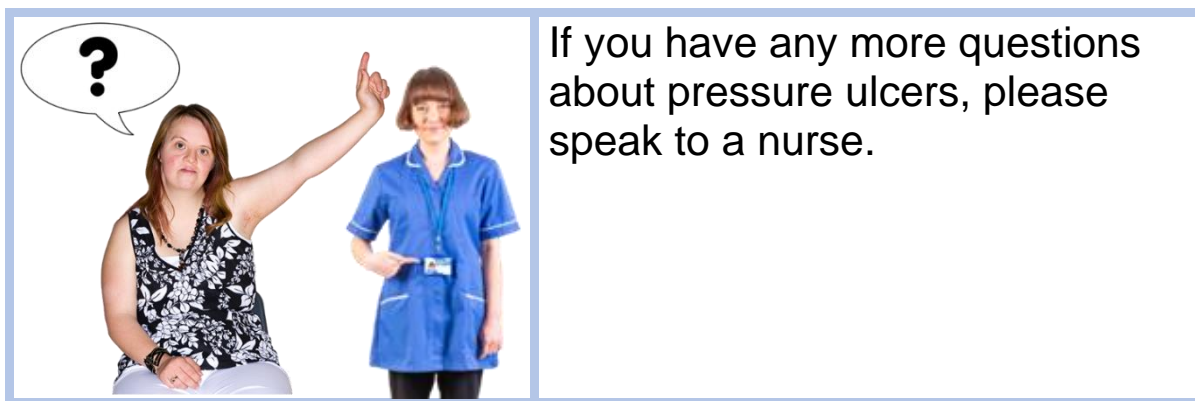


You might need special creams or dressings at home.

You can ask your GP for more help with your skin if you need it.



If you do, someone can help with this.



Further information

You can ask your GP or district nurse for help after you leave hospital.

Concerns, complaints or suggestions

If you are unhappy with your experience or would like to give feedback, please contact our Patient Advice and Liaison Service (PALS) on **01923 217198**. PALS is available to patients, relatives, carers and friends to raise concerns.

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