



## Understanding Pressure Ulcers

A Guide to Healing and Prevention

### What Is a Pressure Ulcer?

A pressure ulcer, also known as a bedsore or pressure injury, is a wound that occurs from long-term pressure on the skin. These sores commonly develop on bony areas like the heels, hips, and tailbone. People who are bedridden or have limited mobility are at higher risk.

### Why Are They Serious?

- Can lead to infection if not treated
- May cause pain and limit mobility
- Healing can be slow, especially in people with chronic conditions

### Signs to Watch For

Call your healthcare provider if you notice:

- Red, purple, or dark discoloration of the skin
- Skin that feels warm, spongy, or hard
- An open sore, blister, or crater
- Drainage or foul odor
- Fever or chills, which could indicate infection

### How to Care for Your Wound at Home

- ✓ Keep pressure off the wound by changing positions often
- ✓ Use pillows or cushions to protect bony areas
- ✓ Follow wound care instructions and dressing changes
- ✓ Keep the skin clean and dry
- ✓ Eat a healthy diet to promote healing

Do NOT:

- ✗ Sit or lie on the sore
- ✗ Use strong soaps or alcohol on the wound
- ✗ Ignore changes in the wound or new pain



## How We Help You Heal

Our wound care team will:

- Assess and monitor your wound
- Perform debridement if needed
- Apply dressings that support healing
- Educate you and your caregivers on pressure relief and skin care
- Coordinate care with your primary care provider or specialists

## Tips to Prevent Future Ulcers

- Change position every 1–2 hours
- Use pressure-relieving cushions or mattresses
- Keep skin clean and moisturized
- Stay hydrated and eat nutritious meals
- Check skin daily, especially over bony areas

## Questions? Call Us Anytime

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We're here to support your healing journey!

### Disclaimer:

This information is provided for educational purposes only and is not intended to diagnose, treat, or replace professional medical advice. Always consult your healthcare provider for personalized care and if you have any concerns about your health or wounds.