

# A Guide To Pressure Ulcer Care

## About Pressure Ulcers

A pressure ulcer is caused by prolonged sitting or lying in one position long enough to cause drainage to the skin. The ulcer may be very painful and may drain a little or a large amount.

## What To Do

- Change position at least every 2 hours.
- Avoid lying directly on the ulcer.
- Avoid sliding or dragging over the bed or chair, which can lead to more pressure damage.
- While in bed, lie at a 45-degree angle with pillows to support the back. This avoids pressure directly on the hip.
- Place pillows under the legs to suspend the heels and eliminate pressure to them. Do not place pillows under the bend of the knee.
- Encourage good nutrition and fluid intake to help heal the ulcer.
- Control episodes of incontinence so the ulcer remains clean and dry.
- Provide wound care as prescribed by your physician.
- Notify the doctor if there is an increase in redness, drainage, swelling, or if a temperature develops over 101 degrees F.

**Any wound that has not started to heal in two weeks or completely healed in six weeks may benefit from a specialized wound care center. Ask your regular physician if a referral might be the right option for you.**

