

Skin Care



promoting healthy skin

Champions for Skin Integrity



Use unscented, **soap-free** body wash

Moisturise skin twice daily – apply in the direction of hair growth

Pat skin dry, do not rub

Protect skin exposed to friction

Eat a **healthy** balanced diet and drink 6-8 glasses of **fluid** every day



Avoid **overheating** skin – change position regularly

Avoid leaving skin in contact with **moisture** – barrier creams may help

Avoid **tapes** and adhesives on the skin





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CRICOS No. 00213J

References:

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Skin Tears



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Moisturise skin twice daily

Pad or **cushion** equipment and furniture (e.g. walkers, wheelchairs)

Drink 6-8 glasses of **fluid** every day

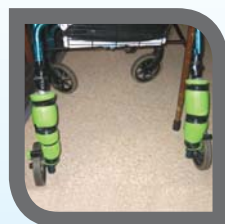
Wear long sleeves and pants, or limb **protectors** to protect the skin

Ensure adequate **lighting** to avoid bumping into furniture



Do not use soap – use an unscented, **soap-free** body wash to avoid drying the skin

Avoid **tapes** and adhesives on the skin





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Venous Leg Ulcers



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Wear compression **stockings** or socks. A stocking applicator can help put them on

Have your compression stockings **fitted** professionally

Replace stockings every six months or if damaged

Put your **feet up** (higher than your heart) 3-4 times each day for at least 15 minutes

Exercise regularly e.g. walking or ankle exercises

Moisturise your skin twice daily

Check your legs daily for any broken areas, swelling or redness, and see your health professional for regular check-ups



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Arterial Leg Ulcers



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Exercise legs gently and often – try walking or ankle exercises (flexing, circling)

Have a **podiatrist** care for your feet

Protect your legs and feet – wear shoes that fit well and orthotics if needed

Keep legs **warm** – e.g. rugs, clothes – do not use a heat source near/on them

Keep yourself at a healthy **weight**

Control diabetes, lipids and blood pressure



Do not **smoke**

Never put **compression** bandages or stockings on a leg with poor arterial supply

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Diabetic Foot Ulcers



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Have a **podiatrist** care for and check your feet at least once a year

Inspect, wash and dry feet daily, especially between toes

Monitor blood sugar levels regularly

Check shoes and socks for sharp or rough edges or seams before putting them on

Check the **temperature** of the water before putting your feet in



Do not walk indoors or outdoors without well-fitting **shoes**

Do not **smoke**

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Pressure Injuries



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TIP SHEET



Change **position** frequently

Use a high specification **mattress** if at risk of pressure injuries

Use pillows and foam wedges to **protect** bony areas

Use an unscented, **soap-free** body wash

Eat a **healthy** nutritious diet



Do not use foam **rings** or donuts

Avoid rubbing or **massaging** over bony areas

Avoid any contact of heels or sacrum with hard surfaces





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Wound Care



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TIP SHEET



Clean wounds gently with clean tap water or saline – avoid strong chemicals

Keep wounds moist by covering them with a dressing

Reduce frequency of dressing changes to once per day or less often when possible

Avoid getting any non-waterproof wound dressings wet

Use a non-adherent wound dressing - if it sticks, soak off with tap water or saline

See your health professional if increased heat, redness, swelling or purulent discharge occurs



Do not leave a wound open to the air or sun – dry wounds heal more slowly

Do not use tape or adhesives on your skin





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Nutrition & Hydration



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Drink plenty of **fluids** (fluids can include water, jelly, soup, juice, ice-cream)

Have a variety of **healthy** snacks handy

Eat a balanced, healthy **diet** with adequate calories and protein

Sit **upright** when eating or drinking

Ensure good **dental** hygiene

Nutrients important for wound healing include:

- **Protein** (1–2 serves per day, e.g. meat, dairy products, legumes, nuts)
- **Vitamin C** (2–5 serves per day, e.g. citrus fruits, berries, capsicum, kiwi fruit, broccoli)
- **Vitamin A** (1-2 serves per day, e.g. sweet potato, carrots, broccoli, spinach, rockmelon)





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Compression Stockings



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Replace compression stockings every 6 months or if they have a ladder or hole

Remove compression stockings immediately and seek advice if toes go purple or blue, the leg swells above or below the stockings, or you develop severe pain

If you remove compression stockings at night, reapply them first thing in the morning

Use a stocking applicator

Gently hand wash stockings, squeeze moisture out in a towel and dry in the shade

Wear rubber dishwashing gloves to help put your stockings on and to remove your stockings more easily



Do not wear rings, watches and jewellery when applying compression stockings

Do not leave any wrinkles in compression stockings

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