



## TIPS TO HELP WITH BEDSORES

### TIPS TO HELP CONTROL, PREVENT AND TREAT BEDSORES

- Immobility is the major source of bedsores. So, it is wise that the elderly patient change position every 2 hours. But this is not possible in cases when the patient has met with an accident. Or is recovering from surgery or some other major illness. The patient should not stay in the same position for more than 2 – 4 hours.
- The area where bedsores are most likely to develop should be dry and free from any moisture. Apply any topical applications that would prevent the development of bedsores.
- Change diapers as often as necessary.
- Your loved one should avoid unnecessary friction. This will lead to the development of sores.
- Hydration is very important! Your loved one should drink enough liquids to stay hydrated.
- Diabetes, controlling blood sugar levels becomes necessary. And so, conducting regular blood tests to check sugar levels is a must.
- Your loved one should not lay on their back for long. If they insist on doing so, put a pillow under the calves to elevate the ankles.
- While lying sideways, avoid direct contact of the hip bone with the bed for long durations. For this, place a pillow underneath, so that the fleshy part is in contact with the bed and not the hip bone. Caregivers can get special designed bed sores cushions and mattresses for the elderly patients.
- Malnutrition is one of the major culprits of bedsores. So, giving nutritious food to the elderly becomes a necessity. Give them all the nutrients important for skin health. Which includes Vitamin A, C, E, zinc, and iron.

### TIPS TO HELP GET RID OF BED SORES

- Clean bedsores at least twice a day with saltwater and mild soap. This is essential for ensuring a speedy recovery and preventing the spread of infection.
- Caregivers should also release off pressure from the area where bedsores have developed. Frequent shifting positions is a good idea until the sores have healed.
- Skin massages have proven to be beneficial in assisting the process of wound healing. But, do not to apply direct pressure on the sores itself.