

Preventing Pressure Injuries Leaflet

Key Points



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What is a Pressure Injury?

A pressure injury is a sore caused by constant pressure on your skin. It's often called a bed sore, but you can get them anywhere on your body, not just in bed.

Where do pressure injuries happen?

Pressure injuries usually happen on parts of your body where bones are close to the skin. These places include:

- Heels
- Ankles
- Knees
- Bottom
- Base of your spine
- Hips
- Elbows
- Shoulders

Am I at risk?

You're more likely to get a pressure injury if:

- You can't move easily
- You can't feel parts of your body
- You have a serious illness
- You don't eat a balanced diet
- You have problems with incontinence (losing control of your bladder or bowels)

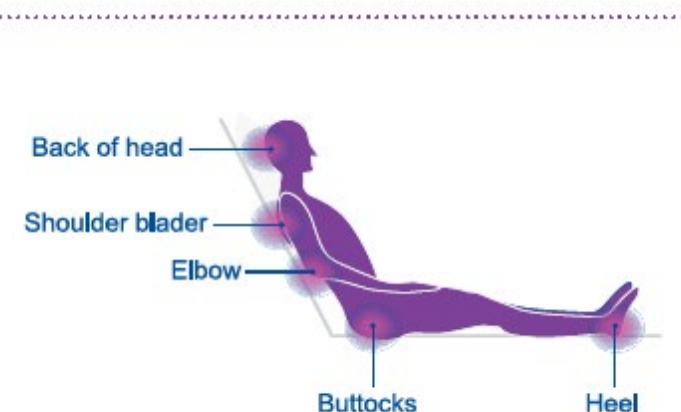
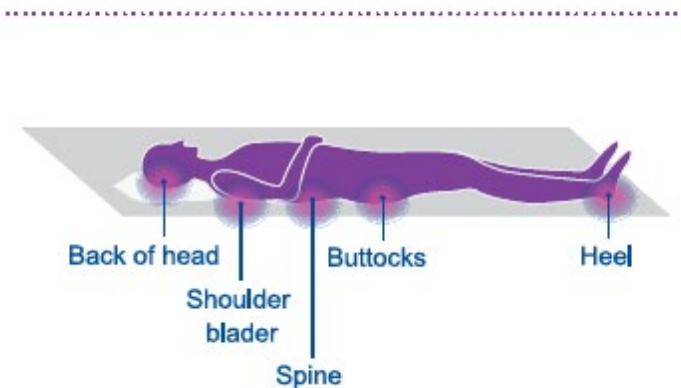
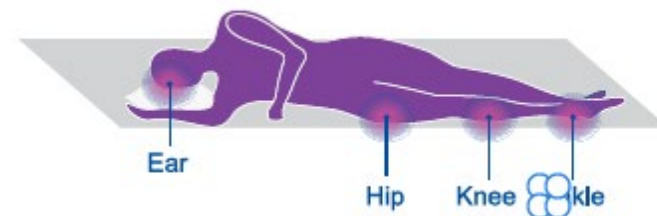
How to prevent pressure injuries

- **Eat well:** A healthy diet helps protect your skin. Make sure you eat plenty of protein (like meat, fish, eggs, beans) and vitamins and minerals (found in fruits, vegetables, and fish).
- **Look after your skin:** Gently wash your skin with mild soap and water, pat it dry, and use lotion to keep it moist. If you have incontinence, use a barrier cream to protect your skin.
- **Check your skin every day:** Look for any redness or heat on your skin, especially over bony areas. Use a mirror to check places you can't see easily. If you notice any changes, tell a healthcare professional.
- **Change your position:** Moving around helps relieve pressure on your skin. Aim to change your position at least every two hours. If your skin gets red easily, you may need to change position more often.

1. Pressure Damage Prevention and how to Care for your Skin

If you have any questions or concerns about pressure injuries, talk to a healthcare professional.

Pressure points



Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website](#)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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