

# Preventive skin care

*Source: The EPUAP/NPIAP/PPIA Clinical Practice Guideline, E. Haesler (ed.), Cambridge Media, Osborne Park, Australia*



## Do's

- ✓ When washing, use a soft sponge or cloth.
- ✓ Dry the skin with a towel: soft and gentle
- ✓ Use barrier products to protect the skin from moisture
- ✓ Clean and dry the skin promptly after episodes of incontinence

## Do's

- ✓ Use high absorbency incontinence products to protect the skin
- ✓ Perform a skin inspection daily
- ✓ Make sure patients clothing is not bunching up or wrinkling in areas at risk for a pressure injury
- ✓ When moving a patient, lift him/her up or use a draw sheet
- ✓ Make sure no medical devices are represented underneath the patient



## Dont's

- ✗ Avoid scrubbing or rubbing skin that is at risk of pressure injuries
- ✗ Do not massage the skin protectant, it may damage the skin even more
- ✗ Do not use alkaline soaps or cleansers
- ✗ Do not dry the skin with a hairdryer or any other electric device

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