**ULTRA FOOT CARE**

WELLNESS / PATIENT RESOURCE 05

# Protect your skin

Preventing pressure injuries when movement is limited.

## 1 Check skin every day

- Look at heels, hips, tailbone, elbows and areas under medical devices. Ask for help checking places you cannot see.
- Watch for persistent colour changes, warmth, firmness, swelling or pain. On darker skin, damage may look purple, blue or darker than usual.

## 2 Relieve pressure regularly

- Ask your nurse for a written turning and weight-shifting schedule. Get help if you cannot move safely. Avoid dragging skin across bedding.
- Ask about pressure-relieving mattresses, cushions and heel support. Do not use ring-shaped cushions or massage discoloured or sore skin.

## 3 Keep skin clean and nourished

- Clean gently after urine or stool leakage, then pat dry. Use a recommended barrier product and change wet pads or briefs promptly.
- Moisturize dry skin. Eat regular meals with protein and follow your care plan for fluids, including any prescribed fluid restriction.

### Act at the first sign

Relieve pressure and contact your nurse or doctor promptly for a persistent colour change, blister or broken skin. Get urgent medical advice for pus, fever, hot swollen skin, or severe or worsening pain. Do not wait for an open wound.

**Questions or appointments: 587-882-8175 | Edmonton, Alberta**

Ultraworldglobal@gmail.com

Health advice in Alberta: 811 (24/7). Medical emergency: 911.

Sources & further reading (click): MyHealth Alberta: Preventing pressure injuries; MyHealth Alberta: Skin care with limited mobility; NHS: Pressure sores; NICE: Pressure injury prevention

General education; follow your individual care plan. Not a diagnosis or emergency service.

Prepared 17 November 2026 | Original patient summary; no source endorsement implied.