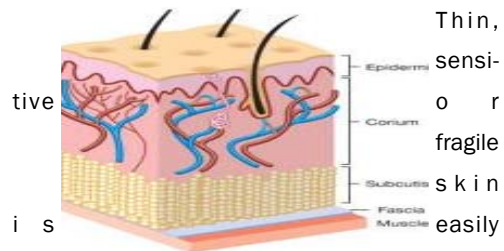


## The Skin's Function

Your skin is very resilient. It is continuously renewing and replacing itself. There are many factors that influence the integrity and overall well being of your skin. These factors include, but are not limited to, age, physical limitations, disease, trauma, hygiene, and nutritional status. The aging process causes your skin to become thinner, less elastic and more prone to trauma, such as skin tears. Your skin is also affected by many disease processes such as diabetes, kidney and liver problems as well as some medications such as steroids and anti-inflammatory drugs. Certain diseases and medications may increase your risk to bruising, trauma, drying splitting, cracking or peeling.

Thin, sensitive or fragile skin is easily traumatized with even the most minor incident. Physical limitations such as paralysis, strokes, casts, arthritis, and incontinence of bowel or bladder among a few are also conditions that put the skin at increased risk for breakdown.



## Skin Care Do's

Check skin for breakdown and dryness daily

Cleanse skin with a mild pH balanced cleanser, not all patient's require daily complete body wash

Test all bath water with your elbow or forearm

Some soaps leave residue on the skin that is drying, be sure and rinse thoroughly

Dry all skin folds and creases. Pay special attention to the area between the toes

Apply moisturizer's to skin immediately after bathing when skin is damp.

For extremely dry skin use a lubricant such as an ointment or cream instead of a lotion

For dry, cracked hands and feet, apply a thick layer of ointment or cream and cover with 100% cotton gloves or socks at bedtime.

If excessive moisture from sweating is a problem, use baking powder. Apply to problem areas and dust off excess.



## Skin Care Don'ts

Don't neglect new areas of dryness, irritation or skin discomfort

Don't soak for more than 10 minutes in the bath tub

Don't bathe in very hot water

Don't use abrasive washcloths on your skin

Don't apply lotions, creams or ointments between toes or around nails

Don't use lanolin, coal tar or petroleum-based products if you have sensitive skin.

Don't use cleansers or moisturizers with alcohol or an extensive list of preservatives

Don't apply tape to dry, fragile or sensitive skin. Wrap with gauze when at all possible

If avoiding tape is impossible, apply skin sealant or protectant to area to be taped and allow it to dry well before applying tape.



When removing tape from any skin, DO NOT PULL. This puts stress on the skin, instead, hold the tape taught



## Cleansers and Moisturizers

There are millions of soaps, cleansers, and moisturizers on the market. Most are over the counter but some may be prescribed by your physician with certain medications additives. Below are some guidelines to follow when choosing a product.

### Cleansers

pH balanced

Soap or non-soap based

Natural or minimal to no preservatives

Rinse with warm water, not hot



### Moisturizers

Should not include alcohol

Lanolin based preparations and those with perfumes and dyes may irritate sensitive skin

Urea and lactic acid (alpha-hydroxyl acid) in higher concentrations may sting when

**ProCare Healing Centers, LLP**

**We have the answers you are looking for!**

*Insert hospital name and or logo here*



**ProCare Healing Centers, LLP**

6307 Waterford Boulevard  
Suite 210  
Oklahoma City, OK 73118

Phone: 405-608-0350

Copyright © 2006 ProCare Healing Centers, LLP, and its subsidiaries

**A Patient guide to Skin Care**

**ProCare Healing Centers, LLP**

**Specializing in Outpatient Wound Care & Hyperbarics**