

Skin Tears



promoting healthy skin

Champions for Skin Integrity



Moisturise skin twice daily

Pad or **cushion** equipment and furniture (e.g. walkers, wheelchairs)

Eat a **nutritious diet** and drink six to eight glasses of **fluid** every day

Wear long sleeves and pants, or limb **protectors** to protect the skin

Ensure adequate **lighting** and remove obstacles to avoid bumps and falls



Do not use soap—use an unscented, **soap-free** body wash to avoid drying the skin

Avoid **tapes** and adhesives on the skin





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References:

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