

Skin Tears



- ✓ Moisturise dry skin twice daily
- ✓ Pad or cushion equipment and furniture
(e.g., walkers, wheelchairs)
- ✓ Eat a nutritious diet and drink adequate fluid
- ✓ 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, liquid body wash to avoid drying skin
- ✗ Avoid tapes and adhesives on the skin





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