

# A Guide To Pressure Ulcer Care



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Wound Care Patient Information

Physicians are independent practitioners who are not employees or agents of Manatee Memorial Hospital.  
The hospital shall not be liable for actions or treatments provided by physicians.



## About Pressure Ulcers

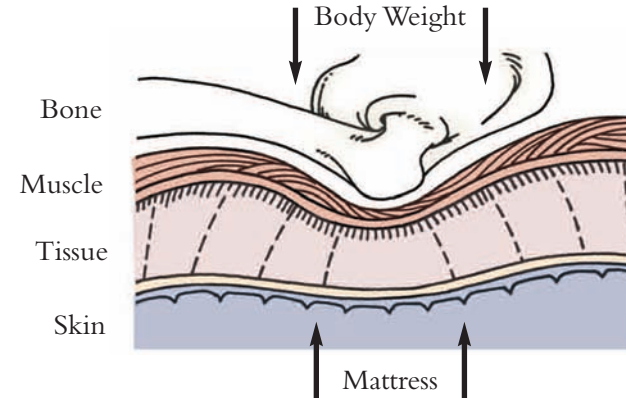
A pressure ulcer is caused by prolonged sitting or lying in one position long enough to cause damage to the skin. The ulcer may be very painful and may drain a little or a large amount.

## What to Do

- Change position at least every two hours.
- Avoid lying directly on the ulcer.
- Avoid sliding or dragging over the bed or chair, which can lead to more pressure damage.
- While in bed, lie at a 45-degree angle with pillows to support the back. This avoids pressure directly on the hip.
- Place pillows under the legs to suspend the heels and eliminate pressure to them. Do not place pillows under the bend of the knee.
- Encourage good nutrition and fluid intake to help heal the ulcer.
- Control episodes of incontinence so the ulcer remains clean and dry.
- Provide wound care as prescribed by the physician.
- Notify the doctor if there is an increase in redness, drainage, swelling or if a temperature develops over 101 degrees F.



## Tissue Under Pressure



Any wound that has not started to heal in two weeks or completely healed in six weeks may benefit from a specialized wound care center. Ask your regular physician if a referral to a center for wound care might be the right option for you.

