

Pressure Sores

**Also called: Bed sores,
Decubitus ulcers,
Pressure ulcers**



Pressure sores are areas of damaged skin caused by staying in one position for too long. They commonly form where your bones are close to your skin, such as your ankles, back, elbows, heels and hips.

You are at risk if you are bedridden, use a wheelchair, or are unable to change your position.

Pressure sores can cause serious infections, some of which are life-threatening. They can be a problem for people in nursing homes.

You can prevent the sores by:

- Keeping skin clean and dry
- Changing position every two hours
- Using pillows and products that relieve pressure

Pressure sores have a variety of treatments. Advanced sores are slow to heal, so early treatment is best.

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