

CAREGIVERS' GUIDE TO BEDSORES

What are bedsores?

Bedsores are wounds near bony areas of the body.

Pressure or friction causes blood flow to be obstructed in the area.

Symptoms include pain, swelling and redness, a fever, chills, and more.

Where do bedsores usually happen?

- Back of the head
- Shoulder blade
- Elbow
- Tailbone
- Buttocks
- Heels
- Balls of the foot

How to prevent bedsores?



Turn or reposition your loved one every 2 hours



Inspect your loved one's skin once a day



Ensure your loved one is resting in a comfortable position



Keep your loved one's skin clean and dry



A Caregivers Guide

RJ Alexander



A Caregivers Guide:

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