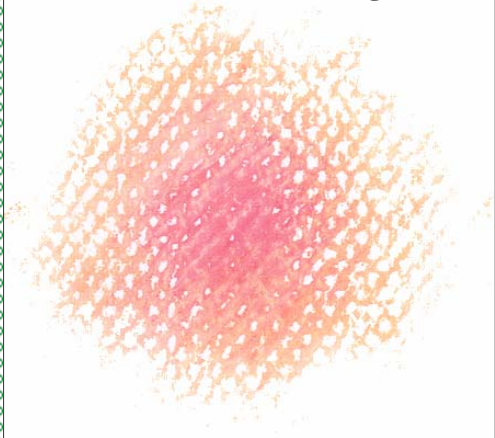


**Diagram A**



**Skin Damage**

**Diagram B**



**Knee Protector**

**Prevention is better than cure**



**A guide of Do's and Don'ts  
to help prevent skin breakdown**

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## Do's

- ✓ Do try to keep the skin dry, clean and free from urine and faeces.
- ✓ Use mild cleansing products e.g. pre-moistened cleansing wipes, cleansing lotions or foams if possible.
- ✓ Moisturising products for dry skin should be applied in the direction of the hair growth to avoid inflammation of the hair follicle.
- ✓ Use barrier cream sparingly.
- ✓ Check the skin for signs of damage at least once a day.
- ✓ Look for dryness of the skin, redness, abrasions, and broken skin. (see Diagram A)
- ✓ For those who spend most of there day sitting it may be necessary to consider devices that reduce or relieve pressure on pressure points
- ✓ Do see the doctor or nurse if you think there is a skin problem.

**Remember prevention is better than cure**

## Don'ts

- ✗ Avoid using bubble bath and salts – can cause a skin reaction.
- ✗ Avoid using excessive amounts of soaps or highly scented soaps as it is a detergent and is designed to remove dirt and grease – will remove natural oils.
- ✗ Avoid the excessive use of oil based creams as can affect body worn products performance.
- ✗ Don't allow the skin to become over moist as it makes the skin vulnerable to friction and reduces it protective function.
- ✗ Avoid using talcum powder as it soaks up the natural oils of the skin and dries it out.
- ✗ Avoid rubbing or massaging the skin too hard especially over bony areas
- ✗ Don't allow bony areas to rest together, such as the inside of the knees. They can be protected by using a pillow or knee protector (see Diagram B)
- ✗ Don't apply new lotions or creams without first doing a patch test