

How to care for skin ulcers for long-term patients

How long does it take to care for a sick person to avoid skin ulcers? The answer will be shortly. Please consult with Quantrimang for more knowledge

Skin ulcers are a common condition for sedentary elderly people, patients who stay in bed for a long time and tend to be more likely to have ulcers due to paralysis such as: Paralysis, bone fractures, and seizures injury, after surgery must limit movement . Therefore, patients need to be properly cared for to avoid causing unwanted ulcers. However, care for patients to limit that situation , please refer to the article below for more information!



I. Early detection of ulcer skin

Signs of pressure ulcers:

1. The skin on the stomach is reddened and swollen, not lost within 15 minutes after stopping.
2. Perform massage, massage for 15 - 30 minutes without redness is a sign of ulcer preparation.
3. The skin is susceptible to ulcers where the skin is close to the bone, the spleen points when lying, sitting, standing, walking, such as occipital area, shoulder, with amputation, buttocks, heel, 2 patterns of large thighbone
4. Besides, the favorable factors cause ulcers: Wet skin increases the sliding force easily causing ulcers, bedwetting is a condition that often causes ulcers to appear. Patients on non-steroidal anti-inflammatory drugs, analgesics increase the likelihood of ulcers.

In the first stage, the ulcer is present in the form of a rash on the bone protruding skin or the area of ??pressure. Most at this stage, ulcers can be lost if there is no pressure. It may be difficult to judge for dark skinned people.

At a more advanced stage, surface ulcers appear as a scratch, shallow or blistering hole. Skin manifestations can result in loss of the epidermis, epidermis, or both the dermis and adipose. Blisters often cause pain.

If not treated, cared for properly, the next stage of necrosis appears as the entire thickness of the necrotic skin associated with damage or loss of subcutaneous tissue, which can extend downwards. but not deep. Untreated ulcers will take away the entire thickness of the skin and have more extensive destruction, necrotic tissue, or damage to the muscles, bones or support and injury structures that can be eaten. worn out, or leaks. It may take months or years for the ulcer to heal.

II. How to take care to limit skin ulcers?

To minimize the factors that increase the skin ulcer process in elderly patients, in the process of caring for patients, especially patients who are in bed for a long time, 1-2 hours must change the inclined posture, back up, tummy, flip the patient to check and sanitize like wiping dry sweat, cooling the pressure area.

The supine position needs soft pillows in the lumbar and heel areas.

Leaning posture requires pillows placed in the waist, pillows in the heel. All millet pillows need to keep the physiological posture of the spine, the limbs and anti-ulcer pressure.

Regularly clean the patient's body. Clear the skin and use some moisture-resistant powder to rub the area that is often pressed, rubbing much of the patient. Patients must be located in a well-ventilated and dry place, avoiding mold and mildew to create ulcers; It is recommended to use anti-ulcer mattress for lining patients located, anti-ulcer mattress has a great effect in creating a ventilation area for rubbing skin, while helping caregivers to change the position of the patient or do Dry wet skin.

Prevention of ulcers is very important, caregivers take care of patients with long-term care to minimize skin ulcers. If the patient has ulcers, needs care, proper treatment so that the ulcer does not increase that makes the healing process quick. Treatment of ulcers is a long process, time in months, even years, need to be persistent and closely monitored to bring the desired results.



Advice of physicians

In addition to hygiene, adequate nutritional care is necessary, because nutritional deficiencies slow the healing process by inhibiting collagen synthesis. People with protein deficiency are most likely to cause ulcer infections because they reduce the function of white blood cells.

In addition, fat is also essential because they form cell membranes. Vitamins and minerals also play an important role in wound healing. Therefore, patients need to eat enough nutrients to restore health and prevent ulcers.

When the patient has an ulcer, it is necessary to go immediately to a medical facility for treatment, without treatment according to the tips to avoid skin infections. Do not squeeze, do not massage the ulcer skin area and around the ulcer.

Besides, there is a product that many doctors consulted, so it is a anti-ulcer mattress for long-term patients. This product has a smart design that can prevent ulcers for long-term patients.

III. Top best anti-ulcer mattresses today

1. iMediCare IAM anti-ulcer cushion - 8P - Reference price: VND 850,000

Characteristics:

1. Mattress made from medical PVC, odorless, safe for health.
2. Easy to move, fold and clean.
3. Air is pumped continuously, forming a stream of air that does not cause heat.
4. There are inflatable valve mode to help air circulation in the buffer surface always at 27 - 28 degrees C.
5. Stable operation, low noise.

iMediCare IAM-8P anti-ulcer cushion helps prevent and support skin ulcer prevention, used for patients who have time to lie treatment (more than 15 hours / day). The cushion is made up of steam chambers alternating grooves, which evenly disperses the pressure of the body, especially the areas under pressure such as the back or coccyx.

Specifications:

1. Brand: Singapore
2. Air output: 6 - 7 liters / minute
3. Pressure: 15kpa - 20kpa
4. Capacity: 10W

2. Anti-ulcer gas pad of Nikita DH04 - Reference price: VND 1,090,000

Characteristics:

1. Nikita anti-ulcer air mattress with advanced German technology can be used in winter without dryness, the summer will not sweat.

2. The anti-ulcer-filled Nikita air mattress uses polymer material that does not irritate the skin, is easily washed and dried, does not worry about fraying.
3. The mattress is made up of many different zones, when the pump is active, the steam will be rotated continuously from one vapor zone to another slightly to create a comfortable and comfortable feeling.
4. Low noise, no big noise even when pumping and discharging at night, does not affect sleep.



Specifications:

1. Warranty 12 months
2. Brand: Japan
3. Size: 2m x 0.9m

3. Instant anti-ulcer air mattress Nikita DH01 sheet - Reference price: VND 1,050,000

Characteristics:

1. An anti-ulcer mattress with a size of 2m x 0.9m helps the patient to be extremely comfortable. Operating capacity is 10W using extremely power saving.
2. Smart controller, easy to use. When pumping gas emits extremely low noise even when pumping at night.
3. Anti-ulcer air cushion is usually used for people who suffer from seizures, paralysis or lie in long-term immobile treatment, those who suffer burns, fractures, those who have to lie continuously in the postoperative process , people who are often tired, pain in the back and the elderly.



Specifications:

1. Warranty 12 months
2. Brand: Japan
3. Capacity: 10W
4. Size: 2m x 0.9m

Through this article, hope you will have more useful information to take care of your relatives and patients better. If you need to buy anti-ulcer buffer, you can contact us directly by phone number:

1. Hanoi: 024.35.68.69.69
2. City: 028.38.33.33.66

For advice and best service!

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