

# PREVENTING SKIN BREAKDOWN

#### **INSPECT YOUR SKIN TWICE A DAY**



- Check what you are sitting on Objects (i.e. cell-phone, wallet, keys) \* Cracks or rips in bath bench or commode \* Other seat surfaces (are they safe?)
- Transfer methods
- \* Keep it safe
- \* Don't take shortcuts
- \* Review technique regularly



- Check for correct posture and positioning
- Avoid tight clothing and footwear \* Adjust seams and zippers
- Use CAUTION: \* With heating pads \* When carrying hot food and drinks



Use a mirror or ask for help
Take pictures with your phone to monitor skin



If it looks red STOP, and identify the cause!

### MAINTAIN EQUIPMENT

Check your cushions and mattresses daily



- If it's an an air cushion.. correct inflation • If it's a gel cushion...
- spread the gel

Created by Mauricio Gomez and Julienne Daos in collaboration with GF Strong SCI Educators, November 2014



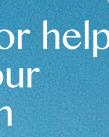






# What can YOU do...

## SHIFT YOUR WEIGHT





### **DEVELOP HEALTHY HABITS**

Eat a balanced diet

Drink plenty of fluids (water is best) • Don't smoke





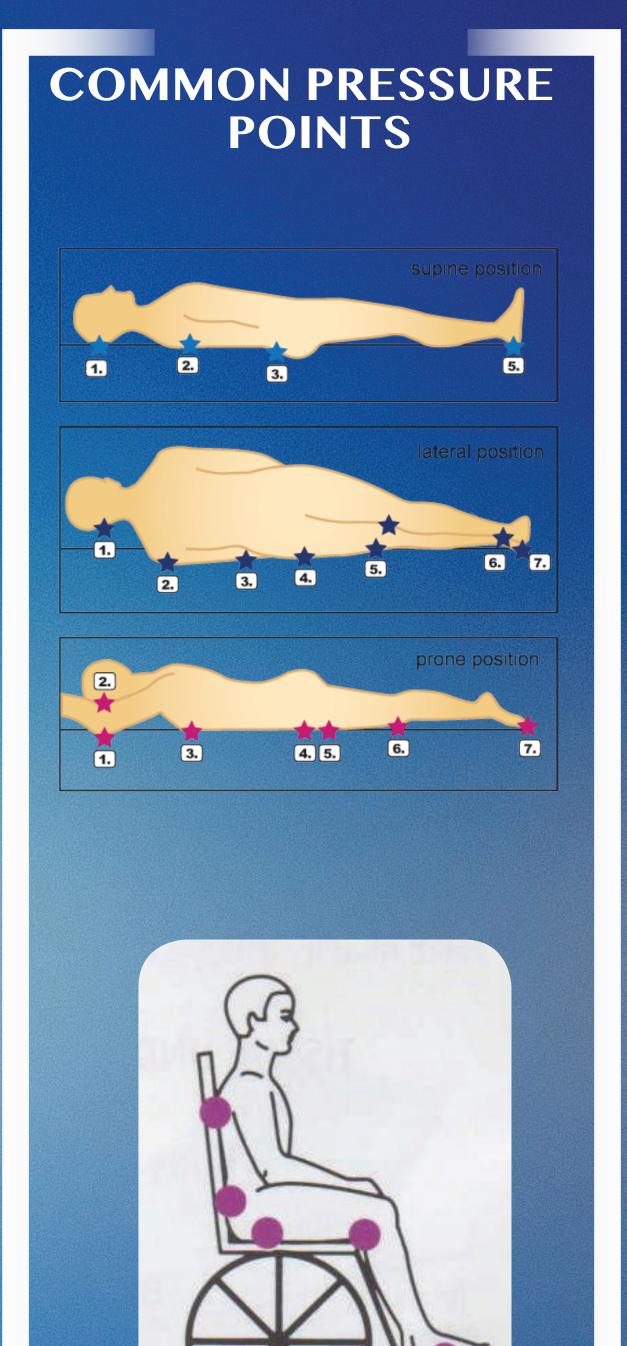
Regular bladder and bowel routine is key to healthy skin

 Check areas you sweat • Check under skin folds • If skin is dry, apply mild lotion



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