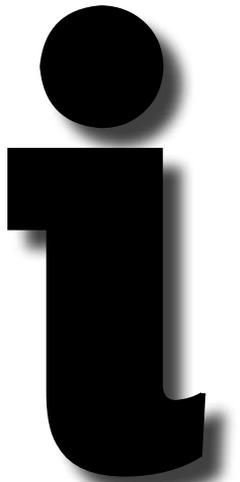


# ***Skin care after a postural assessment*** (page 1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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A change to your posture can have an adverse effect on your skin.

Even minor changes to your position can take time for your body to adjust.

Although your posture will have improved, there is an increased risk of skin marking due to the exerted forces and pressure in maintaining your position.

It is important that enough time is allowed for your skin to adapt to your new seating or postural requirements.

To minimise the risk of discomfort and skin marking, and to build up a skin tolerance to pressure exerted on the boney parts of your bottom, we suggest that you follow the following guidance.

**NB** These are a guide only. Pressure Clinic staff may make other suggestions.

## **Day 1**

- Up for 1 hour using the new equipment (new cushion and / or postural support addition)
- Back to bed, on your side, for a minimum of 2 hours (1 hour if you can relieve pressure)
- Up again for 2 hours on the new equipment
- Back to bed, on your side.

## **Day 2**

- Up for 3 hours once.

## **Day 3**

- Up for 4 hours once.

## **Day 4**

- Up for 5 hours once.

**Continue by increasing time up in your wheelchair by one hour each day.** You are at risk of skin damage if you do not follow the instructions given to you.

## **Pressure relief**

If you are able to relieve pressure, this should be carried out for 20 seconds every 20 minutes (20/20).

Pressure relief helps to prevent disruption of the blood flow for long periods of time to the seating area. It allows fresh blood to be 'pumped' to the weight bearing areas and allows waste products to be 'drained away' - essential needs for healthy skin.

**The Pressure Clinic**  
**01722 429291**

Pressure relief can be achieved by lifting your bottom off the seating area, or by leaning side to side or forward, to move your body weight off the bony prominences (ischial tuberosities).

An adequate pressure lift involves completely lifting your ischial tuberosities off the cushion.

## Skin

It is essential that your skin is checked for signs of marking (i.e. pressure marks) before getting into your wheelchair and immediately on returning to bed.

When you are in bed, all pressure should be relieved from any pink or red marks until the mark has faded completely.

If, after your postural assessment, a pressure mark takes longer than 30 minutes to fade, stop using the new equipment and contact the Pressure Clinic for advice on 01722 429291 ext 4291.

For more information please refer to the Protocol for the Pressure Clinic <http://www.icid.salisbury.nhs.uk/clinicalmanagement/spinalinjuries/pages/pressureulcerprevention.aspx>