York and Scarborough Teaching Hospitals
NHS Foundation Trust

Skin Care after Discharge from the Community District Nursing Service

Information for patients, relatives and carers

Date……..

Patient's Name……..

ⓘ For more information, please contact:
Single Point of Access (SPA) 01904 721200

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Introduction

You have been receiving care from community services.

Your wound has now healed and your condition is stable, so you no longer need support from our service and will be discharged. However, you may still be at risk of pressure damage or other skin problems.

If you have been provided with equipment, such as a pressure-relieving cushion or mattress, and given advice about:

- Changing your position regularly.
- Eating a healthy diet.
- Drinking enough fluids.
- Looking after your skin.

It is important to keep using your equipment and follow the advice you have been given to help keep your skin healthy.

The Pressure Ulcer Prevention and Treatment leaflet you were given explains what to look out for and how to care for your skin.

Looking After Your Skin

Check your skin regularly for:

- Red patches that do not fade.
- Blue or purple patches that do not fade.
- Blisters or broken skin.
- Swelling.
- Hard patches of skin.
- Areas that feel unusually hot or cool.
- Pain, numbness or tingling.
- Changes in skin colour.
- New sores or wounds.

If you notice any of these signs, please contact your GP as soon as possible.

Self-Care

Changing your position regularly helps stop pressure damage and supports healthy blood flow to the skin.

If you are able, check your skin every day. You may find a mirror useful for areas that are difficult to see.

If someone helps care for you, ask them to check these areas as well.

If you notice any changes to your skin, seek advice promptly.

Your Equipment

Pressure-relieving mattresses, cushions and other equipment help spread pressure more evenly and reduce the risk of skin damage.

Your healthcare professional will advise you on the most suitable equipment for your needs. It is important to use the equipment as advised.

If you no longer need the equipment or if it becomes damaged, please contact the equipment store on **01423 226240**.

For urgent problems outside normal hours (5pm to 9am, weekends and bank holidays), contact the equipment store on **020 8573 2871**.

Compression Stockings

If you wear compression stockings or garments and they are damaged or lost, your local pharmacist can measure your legs and arrange a prescription from your GP for replacements.

You are advised to have your stockings reviewed every six months to make sure they are still suitable and your legs stay healthy.

To arrange a review please contact your GP.

Next review due: _____

Healthy Eating and Drinking

Eating a balanced diet which includes:

- Fruit.
- Vegetables.
- Cereals.
- Proteins such as eggs, cheese, milk and fish and plant based proteins such as lentils, beans, chickpeas.

And drinking enough fluids

- One and a half to two litres every day, this is about six to eight mugs.
- Do not count fizzy drinks, tea or coffee and alcohol.

Thes are all important for healthy skin and wound healing.

Poor nutrition can raise the risk of skin damage and may slow healing. If needed, you can be referred to a dietitian for specialist advice.

Helpful Tips

- Avoid sitting in one position for long periods.
- Raise your legs when sitting if you have swelling.
- Wash and gently dry your skin every day.
- Use prescribed creams as directed.
- Ask your carer for help if needed.
- Keep using any pressure-relieving equipment provided.

Tell Us What You Think

We hope this leaflet has been helpful.
If you would like to give feedback, please contact:
Single Point of Access (SPA)
Archways, Belgrave Street
Clifton, York YO31 8YZ
Phone: 01904 721200

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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