A pressure injury is localized damage to the skin and underlying soft tissue usually over a bony prominence or related to a medical device. The injury can present as intact skin or an open ulcer and may be painful. The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear.

Pressure injuries can cause pain, infection, immobility, poor outcomes, and prolonged recovery.

**What you and your family can do:**

- Change position at least every two hours to relieve pressure. Shift weight every 30 minutes when seated.
- Do not rub or massage skin over reddened, purple, or sore areas.
- Inspect your skin at least once a day.
- Clean and dry your skin immediately if soiled by urine, stool, or excessive sweating.
- Keep skin clean and dry; moisturize extremely dry patches.
- Use pillows to pad areas between knees or cushion other boney areas.
- Tell your nurse or other healthcare team member if you develop reddened, purple, or sore areas.
- Avoid sitting on donut-shaped cushions.