Quick Tips for Pressure Sore Treatment by Amit

Article published on July 24th 2012 | Health

Those that are bedridden for any length of time run the risk of bedsores, which are open ulcers in the skin that result from constant pressure in one area. The body is not meant to be motionless for any length of time, so when a person stays in bed for days on end, this interrupts their circulation and causes these open ulcers.

The right pressure sore treatment should be considered for the patient and caregiver alike. Patients should be turned at least three or four times per day in order to alleviate pressure in the same area. They can also typically do simple exercises in bed if allowed by the doctor; lifting their legs and arms, clapping, and doing simple movements like these will encourage good circulation even when bedridden.

If bedsores do develop, it's important that they are treated with medications that are meant specifically for pressure sore treatment Regular lotions and ointments may have harsh ingredients that make the sores more painful. A cleansing solution of water with a small amount of salt can also clean out the sores; use a towel underneath to catch the excess fluid. They also need to be covered so that they can heal with less risk of infection.

In very severe cases, surgery may be necessary to cut away the dead flesh surrounding the bedsores so that it encourages healing. This is needed if pressure sore treatment has not been successful or if they've been neglected for weeks and months; the dead skin cannot heal at that point and needs to be removed.

It's always good to have a doctor oversee pressure sore treatment so that they get proper care. If left untreated they can lead to infection and other serious conditions that mean permanent damage to the skin and tissue.

Article Source:
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Article Keywords:
pressure sore treatment

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