



Your Care

Thoughtful care, from our family to yours.

**Bristol Families: Protect Your Elderly Loved One
From Painful Skin Tears.**

Why this guide matters

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As we age, skin naturally becomes thinner, drier, and more fragile. For many older people, even a small knock can cause a painful tear or deep bruise - sometimes just from brushing against a chair or wheelchair.

These injuries can be more than just uncomfortable:

- They can take weeks to heal.
- They increase the risk of infection.
- They can reduce independence and confidence.

The good news? With a few simple daily habits, many of these injuries can be prevented.

This short guide will give you:

- Nutrition tips to strengthen aging skin
- Simple home safety adjustments
- A daily moisturising routine
- Step-by-step advice on spotting and treating small wounds early
- A printable checklist to help you keep on track



1. Nourish the Skin From the Inside

A healthy diet helps skin stay stronger and heal faster.

- **Protein** – chicken, fish, eggs, dairy, beans, lentils.
- **Vitamin C** – oranges, kiwi, strawberries, peppers, broccoli.
- **Zinc** – meat, dairy, nuts, seeds, wholegrains.
- **Healthy fats (Omega-3)** – salmon, mackerel, walnuts, flaxseeds.
- **Hydration** – water, milk, herbal teas.

(Check with the GP or pharmacist before starting supplements like collagen, vitamin C, or omega-3.)

2. Keep Skin Soft & Flexible

- Apply a rich, fragrance-free moisturiser (e.g. E45, Cetraben, Aveeno) daily.
- Avoid hot baths and harsh soaps which dry out the skin.

3. Protect From Knocks & Tears

- Wear long sleeves or light arm protectors.
- Add soft padding to wheelchair arms, bed rails, or furniture corners.
- Keep doorways clear of clutter so doors can be fully open or shut, less risk of catching arms on door latches, especially if they use walking frames or trolleys.
- Change door latches for magnetic catches or roller catches.
- Avoid pulling on skin - support under arms or with a gait belt instead.
- Keep fingernails smooth to avoid scratches.

4. Spot & Treat Small Wounds Early

Even a tiny skin tear can become a big problem if not treated quickly.

Spot early signs: redness, swelling, clear fluid or blood, warmth, or a loose skin flap.

If a wound happens:

1. Wash your hands.
2. Gently clean with lukewarm water.
3. Lay skin back in place (if there's a flap).
4. Cover with a non-stick, sterile dressing.
5. Secure gently with soft tape or bandage.
6. Check daily - if redness, swelling, heat, or pus develops, get medical advice.

Daily Skin Safety Checklist

Tick each box daily to help prevent bruises, skin tears, and slow healing.

Morning

- ☐ Check for new bruises or tears
- ☐ Apply moisturiser to arms and legs
- ☐ Choose long sleeves or arm protectors

Mealtimes

- ☐ Include a protein-rich food
- ☐ Add a fruit or veg with vitamin C
- ☐ Offer water, milk, or herbal tea

Daytime

- ☐ Keep walkways clear and edges padded
- ☐ Support gently (no pulling on skin)
- ☐ Keep nails smooth

Evening

- ☐ Check skin before bed
- ☐ Replace dressings if needed

Brought to you by Your Care

Helping Bristol families keep elderly loved ones safe, comfortable, and independent at home.