

## Pressure Injury

**A pressure injury may look minor – such as a small patch of red skin, but it could be hiding damage which is present under the surface of the skin.**

### Did you know?

A Pressure Injury is a localised injury to the skin and/or underlying tissue, because of pressure or pressure in combination with shear and / or friction.

### How do we determine if you are at risk of a pressure injury whilst visiting us?

We ask you the following three questions. If you respond “Yes” to any of these, you are more at risk of developing a pressure injury.

1. Do you find walking or getting out of bed/chair difficult?
2. Do you have diabetes, peripheral artery disease or chronic respiratory disease?
3. Do you have a pressure injury, any wounds or breaks in skin or issues with your skin for example: swelling, dryness or redness?

### How can you reduce your risk of a pressure injury when visiting the Royal Dental Hospital Melbourne (or at home)?

- If treatment time is extended your care team will provide you with a break/ encourage you to move in the chair as appropriate.
- If a pressure injury is present, please ensure it is covered with an appropriate wound dressing.
- Make sure you are eating healthy meals and drinking enough fluids is very important.
- Incontinence and excess moisture can damage the skin.
  - Use appropriate continence aids or regularly go to the toilet to make sure to keep your skin dry and clean.
- Consider attending your General Practitioner (GP) if you have a pressure injury/ skin condition which has not been reviewed by medical practitioner.
- If you have diabetes, ensure your diabetes is managed before the consultation.

**Should you have any concerns please call:**

**The Royal Dental Hospital of Melbourne**

Phone: (03) 9341 1000

Open every day

8:30am - 5:00pm

[www.rdhm.org.au](http://www.rdhm.org.au)