

HOW TO TREAT A SKIN TEAR AFTER A DEMENTIA FALL



1. STAY CALM AND REASSURE THEM

- Let them know you're going to help and keep your voice calm.



2. GENTLY CLEAN THE WOUND

- Wash your hands first.
- Use clean water or saline solution to gently rinse the skin.
- Pat around the area (not on it) with a clean cloth or gauze.



3. RE-ALIGN THE SKIN FLAP (IF PRESENT)

- If the skin flap is still attached, gently lay it back over the wound in its natural position.



4. APPLY A NON-STICK DRESSING

- Use a non-stick, sterile dressing or silicone foam pad to cover the area.
- Avoid tape directly on the skin; use paper tape or wrap gently if needed.



5. CONTROL BLEEDING

- Apply gentle pressure with a clean cloth or gauze if the wound is bleeding.



6. KEEP THE AREA ELEVATED (IF POSSIBLE)

- Elevate the arm or leg to help reduce swelling.



7. MONITOR FOR SIGNS OF INFECTION

- Watch for redness, warmth, swelling, drainage, or a fever.
- Call the doctor if you notice any of these signs.



8. CALL FOR MEDICAL HELP IF NEEDED

- If the skin tear is large, deep, or won't stop bleeding, call your doctor or go to urgent care.

