

# Patient Information

For people who are at risk of or who have recently  
developed a wound called a pressure injury



## Why have I been given this leaflet?

You have been given this useful resource as a healthcare professional has identified that you may be at risk of developing a pressure injury or you have been diagnosed with a pressure injury. A pressure injury is also known as a pressure ulcer. They develop because of the excessive pressure or shear forces on an area of your body. The following leaflet will give you information on what a pressure injury is, how to spot the signs, how to reduce the risk and information to support the recovery from a pressure injury.

## What is a pressure ulcer?

Pressure ulcers are injuries to the skin and underlying tissue which are caused by prolonged pressure on the skin.<sup>1</sup>

## What are some common symptoms of pressure ulcers?<sup>1</sup>

### Early symptoms include:

- Skin discoloration - red, purple or blue patches on the skin depending on the colour of your skin
- Patches of skin that feel warm, spongy or hard
- Pain or itchiness on the skin

### Later symptoms include:

- An open wound or blister
- Deep wound that reaches the deep layers of the skin or if severe can even reach muscle and bone

## What can I do to prevent the risk of a pressure ulcer or assist in the recovery of a pressure ulcer?<sup>1</sup>

### KEEP MOVING!

People who are immobile are more at risk of developing pressure ulcers. Changing your position regularly can help prevent excessive pressure on certain points of the body in particular bony prominences.

### OPTIMISE YOUR NUTRITION AND HYDRATION!

Ensure you are eating a healthy balanced diet with enough protein, vitamins and minerals, as well as drinking adequate water throughout the day.

### KEEP AN EYE ON YOUR SKIN!

Check your skin regularly for early signs and symptoms of pressure ulcers. Also keep your skin clean and well moisturised.

### LIFESTYLE TIP!

If you are a smoker, consider reducing the amount you smoke or even stop altogether.

### REFERENCE

1. Pressure ulcers overview - HSE.ie. May 2021. <https://www2.hse.ie/conditions/pressure-ulcers/>. Accessed July 2026.