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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

Taking care of your skin

The information in the leaflet was valid at the date of production July 2020 and is due for review in July 2022.

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Helping people to be
the best they can be

Your skin

If your nurse/clinician has given you this leaflet, this will be because they have noticed your skin condition needs to improve.

Your skin provides many functions including temperature regulation and protection. Therefore it is important to your overall health to maintain your skin in a healthy condition.

Aims of skin care

- To maintain healthy skin
- To protect damaged skin from further damage

Report the following to your G.P. or clinician

- Any unusual changes in colour in your skin;
- Any knock or break in the skin that does not heal;
- Any blisters;
- Any swelling to the skin that is extremely painful and does not go away and you have concerns;
- A large area (around 10cm or more patch of skin) around the bite becomes red and swollen;

- You have symptoms of a wound infection, such as pus or increasing pain, swelling or redness;
- You have symptoms of a more widespread infection, such as a high temperature, swollen glands and other flu-like symptoms;
- Your symptoms do not improve or worsen.

What can I do to help?

- Hygiene –Wash and dry your skin carefully paying particular attention to skin folds and between toes. Avoid perfumed soaps.
- If your skin is dry and flaky use an emollient daily.
- If you wear hosiery apply the emollient at night time when you have removed the hosiery.
- Always wear comfortable, well-fitting shoes and slippers and avoid walking barefoot.
- Cut or file your nails appropriately and avoid leaving sharp edges. If unable to cut your nails, ask a family member or friend. There are private Podiatrists available who can help.

- If your leg becomes swollen don't attempt to put on your compression hosiery. Seek advice.
- Eat a balanced diet and drink plenty of fluids.