

Skin Care



promoting healthy skin

Champions for Skin Integrity



Use unscented, **soap-free** body wash

Moisturise skin twice daily – apply in the direction of hair growth

Pat skin dry, do not rub

Protect skin exposed to friction

Eat a **healthy** balanced diet and drink 6-8 glasses of **fluid** every day



Avoid **overheating** skin – change position regularly

Avoid leaving skin in contact with **moisture** – barrier creams may help

Avoid **tapes** and adhesives on the skin





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