

Helpful Hints about Aging Skin

What skin changes can be seen in the elderly?

- May become dry and lose moisture.
- May thin and lose elasticity.
- May become wrinkled and hang away from muscle and soft tissue.

Protect the skin

Drink plenty of fluids (check with your doctor if you are on any fluid restrictions).

Apply high quality moisturizer.

- Creams are better than lotions because they are thicker and stay on the skin longer.
- Extra moisture helps to improve the elasticity, look and feel of the skin.
- Creams may also prevent injuries because drier skin is more easily torn or injured.



Apply sunscreen at least 20 minutes before sun exposure, after swimming and when sweating.

Protect exposed skin from sunlight and injury by wearing cotton long-sleeved shirts and pants.

When caring for a bedridden patient

- Do not push or pull with positioning or transfers as this can cause friction, shearing and skin tears.
- Do use a draw sheet when moving the patient who is bedbound. Do not pull by the limbs.

**Remember, an ounce of prevention can protect
from painful wounds and infection.**

Source: LIVESTRONG.COM, Against the enemy of Frail Skin, Sharon Baranoski R.N., APN, CWOCN, MSN. October 2003, "Traveling Nursing," Skin Tears, Staying on Guard

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