

Skin care for the bedridden

Turn bed-ridden people frequently to avoid bed sores and pressure-sensitive ulcers.

Use a water-based moisturiser daily

Change absorbent products and catheters frequently. Keep your skin clean and dry.



Routine Skin checkup

Examine your skin for any new skin growths or changing moles at least once a month and consult the dermatologist when in doubt



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Geriatric Dermatology
(IADVL Academy)

For the use of a Registered Medical Practitioner, or a Hospital or a Laboratory only.
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CARE OF NORMAL SKIN IN

GERIATRIC POPULATION


General advice for healthy skin

Drink atleast 2 litres of water per day to keep your skin and body hydrated



Do at least 150 minutes of moderate intensity activity a week and exercises that improve strength, flexibility and balance



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Eat vegetables, fruits,
whole grains, lean protein
and low fat dairy



Sleep peacefully
for 7 to 8 hours daily



Live stress free by doing
atleast 15 minutes
of yoga, repetitive prayer
or meditation



Avoid perfumes, colognes
and skin care products
with fragrances that can
irritate your skin



Skin care during and after bath

Avoid hot baths and
frequent showers.

Keep your bath or shower short

Use only mild soaps, and gently
apply moisturizers to the skin
after every shower or bath.



Apply a creamy,
fragrance-free moisturizer
just after bathing
when the skin is still moist
and throughout the day



Outdoor skin care

Protect your skin from the sun,
by applying a broad-spectrum,
water-resistant sunscreen with
SPF 30 or higher every day

Seek shade when outdoors

Wear clothing that protects
your skin from the sun



Wear gloves while doing
housework and gardening.

