



Pressure Sores

Pressure ulcers can affect any part of the body that's put under pressure.

They're most common on bony parts of the body, such as the heels, elbows, hips and base of the spine.

They often develop gradually, but can sometimes form in a few hours.

Early symptoms

Early symptoms of a pressure ulcer include:

Part of the skin becoming discoloured – people with pale skin tend to get red patches, while people with dark skin tend to get purple or blue patches discoloured patches not turning white when pressed a patch of skin that feels warm, spongy or hard pain or itchiness in the affected area.

A doctor or nurse may call a pressure ulcer at this stage a category one pressure ulcer.

Pressure Sores Helpline
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