

Skin Tears

What they are - and what you can do about them



Skin tears...

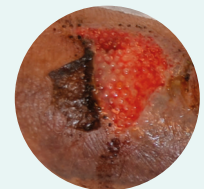
are traumatic wounds with a separation of skin layers.

Possible consequences

- Healing complications such as infections
- Pain and impaired quality of life
- Long treatment duration

What can a skin tear look like?

- Separation of skin layers
- May appear with or without loss of a skin flap



How do skin tears happen?

Skin tears can be caused by a variety of mechanical forces:

- Shear and friction
- Blunt trauma
- Falls and accidents
- Removal of adhesive dressings

Who is at risk?

Skin tears are a big risk for patients with fragile skin - especially elderly people.



Elderly patients and infants



Patients with frequent dressing changes



Patients with disease-related fragile skin

Prevention¹

The best skin tears are those that never happen



Moisturizing

Skin tear incidence can be reduced by 50% if moisturiser is applied twice-daily.² Moisturizers such as or SkinPro range are suitable.



Bathing routine

Reduce bathing and showering as it makes skin dryer. Use soap free, non-rinse and/or pH-neutral skin cleansers.



Clothing

Protect your skin by wearing long pants/trousers, knee-high socks and tops with with long sleeves.



Wound Care

Use products that help to prevent further skin damages and can be gently removed - such as the Leukoplast *skin sensitive* range.



Prevention of accidents

Reduce risks in your household such as sharp corners, bad lighting and tripping hazards.

Treatment

When skin tears happen,

- control the bleeding
 - apply pressure
 - elevate the limb
- consult the doctor



React fast to improve the healing process!

Under good conditions, skin tears will heal in 14 to 21 days.¹

¹ LeBlanc K, et al. Best practice recommendations for the prevention and management of skin tears in aged skin. *Wounds International*. 2018.

² Carville K, et al. The effectiveness of a twice-daily skin-moisturising regimen for reducing the incidence of skin tears. *International Wound Journal*. 2014; J11: 446-53.

Are you a caregiver?

For more information and resources on skin tears, you can visit our information page at leukoplast.com/localURLhere or the website of the International Skin Tear Advisory Panel (ISTAP) at skintears.org/resources

Related products

To help prevent skin tears we offer moisturizers such as TENA ProSkin or also medical skin care with Cutimed Acute.



TENA ProSkin

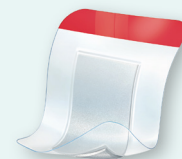


Cutimed Acute

If a minor wound occurs, select a dressing with a silicone-based adhesive. They are easy to apply and remove and help to protect fragile skin from further harm like skin tears.



Leukomed skin sensitive



Leukomed T plus skin sensitive

Questions?

Uncertain what to do?

Contact your doctor for support.



Leukoplast®,
an Essity brand

Please insert your local Essity address
+ contact details
(e.g. email address or telephone
number of your customer service).



Wound care in best hands