

# Chronic/Traumatic Conditions

## Bed Sores

Bed sores, also called pressure sores or pressure ulcers can be painful and challenging wounds to heal. Prolonged pressure on the skin causes these injuries. Bed sores generally develop on skin that covers bony areas of the body, such as the heels, ankles, hips, and tailbone. People with a medical condition that limits their ability to change positions, requires them to use a wheelchair, or confines them to a bed for long periods of time are most at risk of getting bed sores. Bed sores can develop quickly and because they are so difficult to treat, quickly addressing the sores is imperative to healing.

Pressure ulcers occur due to pressure applied to the soft tissue resulting in completely or partially obstructed blood flow to the soft tissue. Shear is also a cause, as it pulls on blood vessels that feed the skin. Other factors can influence the tolerance of skin for pressure and shear, thereby increasing the risk of pressure ulcer development. These factors include protein-calorie malnutrition, microclimate of the skin, such as wetness caused by sweating or incontinence, diseases that reduce blood flow to the skin, such as arteriosclerosis, or diseases that reduce the sensation in the skin, such as paralysis or neuropathy.

The healing of pressure ulcers may be slowed by the age of the person, medical conditions, such as arteriosclerosis, diabetes or infection, smoking, or medications such as anti-inflammatory drugs.

## Preventing and Relieving Bed Sores

To prevent some bed sores and help with healing, it is important to shift the weight of the body to relieve the constant pressure. Proper nutrition, hydration, and exercise are critical to healing the wounds.

### Protocol for Bed Sores; Twice Daily

- 1) Apply NeoGenesis Recovery twice daily, at a minimum, if the wound is uncovered
- 2) If the wound is covered by a dressing, apply Recovery when the bandage is changed before applying other prescribed products for healing

NeoGenesis Recovery serum helps to create an environment at the wound site to facilitate healing of damaged tissue.