

# Skin Care & Pressure Sores

## Part 3: Recognizing and Treating Pressure Sores

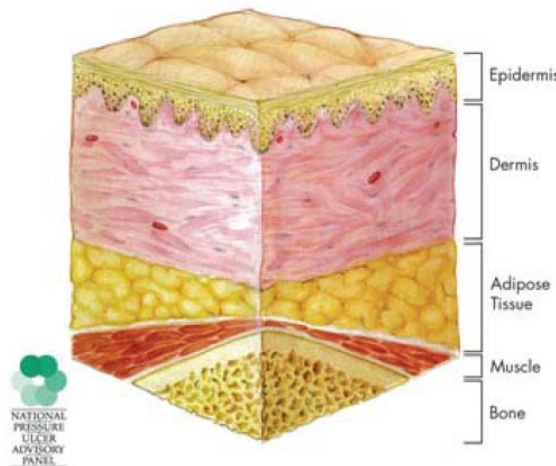
### Supplement: Stages of Pressure Sores: Illustrations



For more information, contact your nearest SCI Model System. For a list of SCI Model Systems go to: <http://www.msktc.org/scifindms.asp>

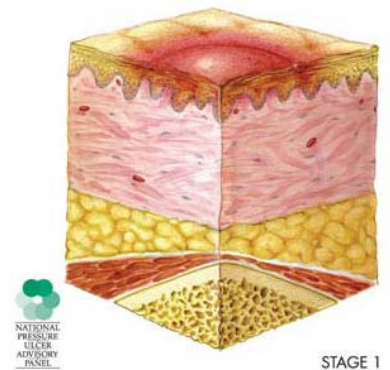
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#### NORMAL SKIN



#### STAGE 1

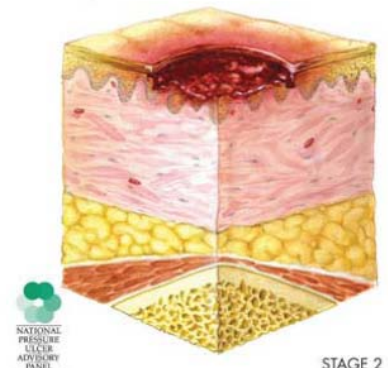
Skin is not broken but is red or discolored. When you press it, it stays red and does not lighten or turn white (blanch). The redness or change in color does not fade within 30 minutes after pressure is removed.



STAGE 1

#### STAGE 2

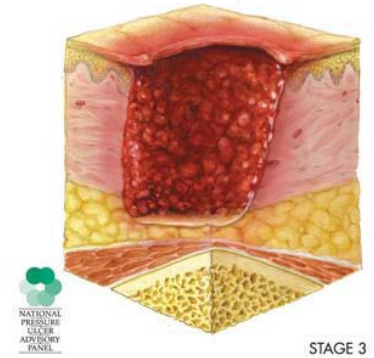
The topmost layer of skin (epidermis) is broken, creating a shallow open sore. The second layer of skin (dermis) may also be broken. Drainage may or may not be present.



STAGE 2

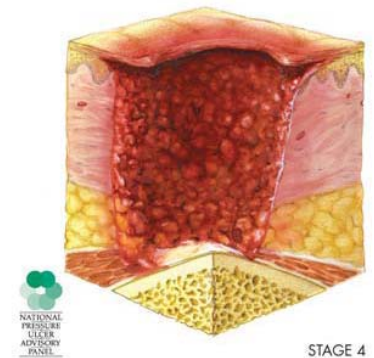
## STAGE 3

The wound extends through the dermis (second layer of skin) into the subcutaneous (below the skin) fat tissue. Bone, tendon and muscle are not visible. Look for signs of infection (pus, drainage) and possible necrosis (black, dead tissue).



## STAGE 4

The wound extends into the muscle and can extend as far down as the bone. Usually lots of dead tissue and drainage are present. There is a high possibility of infection.



Illustrations are from the National Pressure Ulcer Advisory Panel (<http://www.npuap.org/>).

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## Source

Our health information content is based on research evidence and/or professional consensus and has been reviewed and approved by an editorial team of experts from the SCI Model Systems.

## Authorship

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