



The Ten Commandments of Wound Care



1. **T**hou shall not use donuts or egg crates.
2. **T**hou shall not position directly on the ulcer.
3. **T**hou shall not massage bony prominences.
4. **T**hou shall turn residents every two hours and use a pull sheet.
5. **T**hou shall observe the 30-degree rule.
6. **T**hou shall keep heels off the bed.
7. **T**hou shall maintain continence and keep skin dry and moisturized.
8. **T**hou shall keep residents' level of functioning intact.
9. **T**hou shall not drag or pull residents to reposition.
10. **T**hou shall educate residents and families in pressure ulcer prevention.