**Skin care for the bedridden**

- Turn bed-ridden people frequently to avoid bed sores and pressure-sensitive ulcers.
- Use a water-based moisturizer daily.
- Change absorbent products and catheters frequently. Keep your skin clean and dry.

**Routine Skin checkup**

- Examine your skin for any new skin growths or changing moles at least once a month and consult the dermatologist when in doubt.

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**General advice for healthy skin**

- Drink at least 2 litres of water per day to keep your skin and body hydrated.
- Do at least 150 minutes of moderate intensity activity a week and exercises that improve strength, flexibility and balance.

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**CARE OF NORMAL SKIN IN GERIATRIC POPULATION**

Brought to you by Dr. Reddy’s
Skin care during and after bath

Eat vegetables, fruits, whole grains, lean protein and low fat diary

Sleep peacefully for 7 to 8 hours daily

Avoid hot baths and frequent showers. Keep your bath or shower short. Use only mild soaps, and gently apply moisturizers to the skin after every shower or bath.

Apply a creamy, fragrance-free moisturizer just after bathing when the skin is still moist and throughout the day.

Outdoor skin care

Live stress free by doing at least 15 minutes of yoga, repetitive prayer or meditation

Avoid perfumes, colognes and skin care products with fragrances that can irritate your skin

Protect your skin from the sun, by applying a broad-spectrum, water-resistant sunscreen with SPF 30 or higher every day. Seek shade when outdoors. Wear clothing that protects your skin from the sun.

Wear gloves while doing housework and gardening.