

Breakwall Wound Care and Rehab LLC

(814) 841-8278 www.breakwallwcr.com

Heal Faster. Move Better. Right at Home.

Erie Senior Winter Wound & Fall Checklist

Stay warm, stay upright, and spot trouble early!

Print this & hang it up at home

Daily Quick Checks

- Inspect feet (tops, bottoms, between toes) – use a mirror or phone camera (30 seconds!)
- Apply moisturizer within 3 min of shower/hand wash – focus on shins & forearms
- Keep house temp $\geq 68^{\circ}\text{F}$ in main rooms (add a lap blanket for legs)
- Wear long sleeves/pants indoors to protect thin skin from tears

Before Going Outside

- Attach transitional traction ice cleats to shoes/boots
- Grab cane with ice tip, ski pole, or trekking/walking stick
- Charge phone & keep it in pocket (for emergencies)
- Sprinkle salt + kitty litter/sand on steps & walkway

Red Flags | Call Your Doctor Right Away!

- Wound > dime size, not scabbed in 48 hrs
- Increasing redness, warmth, pus, or pain
- New swelling or can't bear weight after a fall
- Numbness/tingling or color change in fingers/toes

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