Senile Purpura Patient Education

Cleanses, moisturizes and protects fragile, bruised skin
Soothes and nourishes

TWO-STEP HOSPITAL-GRADE SYSTEM
FRAGILE SKIN BRUISING CARE

Senile Purpura Patient Education
As people age, their skin tends to become much thinner and more fragile as do the connective tissues and blood vessels under the skin, resulting in extensive bruising even after minimal or no trauma. While these fragile skin bruises are considered harmless, they can create emotional distress and embarrassment for the people who have them. We have used a team approach utilizing nurses, pharmacists, and physicians in the preparation of this booklet to provide information that will help you maintain healthy and viable skin that is less susceptible to fragile skin bruising.

Bringing you products The Hospital Way™

With warm regards,

D. Elizabeth McCord, Ph.D., FAPWCA

WARNING: Consult your health care provider. This booklet is provided as a guideline only. These statements have not been evaluated by the FDA.
What is Senile Purpura?

Fragile skin bruising, also referred to as senile purpura or Bateman purpura, is a result of thinning, weakened skin and connective tissue that holds blood vessels. One of the functions of skin is to help protect underlying tissues from shock and trauma, so when the skin becomes thin and fragile it loses its ability to protect the underlying blood vessels from trauma while becoming more vulnerable to skin tears. The blood vessels themselves can also become weak, leaking blood cells into surrounding tissues following minimal to no trauma. These bruises appear primarily on the forearms and legs but can occur anywhere on the body, appearing as purple and red spots or patches that fade to brown over one to three weeks.

There are varying levels of severity of senile purpura, but regardless of severity it is widely considered to be a harmless condition. However, some would disagree that fragile skin bruising is completely harmless because it can have a profound effect on a person’s overall sense of well-being and contribute a great deal of emotional distress and even embarrassment for some. There is no reason that you should be embarrassed about having fragile skin bruising, but we understand how people might feel that way. Our hope is that the correct products and protocols can help restore the strength and vitality in your skin and ultimately help you feel more comfortable in your own skin.
While there are no established treatments for completely resolving senile purpura, there is a lot that can be done to help strengthen the skin and underlying tissues, addressing the root cause of the condition. Some medications including steroids and blood thinners can contribute to thinning skin and uncontrolled bruising so it is important that you discuss how your medications might be contributing to senile purpura with your health care team.

There are several ways that you can keep your skin healthy:

1. Keep your skin clean and well moisturized, examining it frequently and thoroughly for any signs of developing complications.

2. Utilize a team of specially trained health care professionals that can educate and guide you through the best possible care protocols. Work with them to prepare a written plan that is tailored to your needs to make sure that you are doing everything possible to improve the strength of your skin and prevent fragile skin bruising.

3. Use this handy guide as a reminder and resource to make sure your skin and body remain healthy.
Getting Started

1. Purchase the skin care items that you will need in accordance with your health care professional’s suggestions. They will include items like specially padded sleeves that can be worn to protect your skin, a mirror, and specialized moisturizers and moisturizing cleansers.

2. Wash your skin every day using warm water, not hot. Your health care professional may suggest that you use a thermometer to be sure to keep the water between 90 to 95 degrees F. Dry your skin well by gently patting it with a soft towel, avoiding rubbing and creating friction on the skin.

3. Cleanse your skin with a clinically proven cleansing lotion. Do not use soap because it will dry your skin and not provide any nourishment to your skin.

4. After cleansing, apply a renewing moisturizer cream.

5. Set a time every day to thoroughly examine your skin and record your findings so you will be able to document and recall any changes in your skin when working with your health care team.

6. Keep your toenails and fingernails cleaned and trimmed to avoid scratching and breaking the skin and causing infections. Wearing appropriately fitting socks (not too tight) and light cotton gloves at night can help protect against inadvertent scratching while you sleep.
Using a Clinically Proven Treatment System

Fragile skin bruising can affect your quality of life and you need to do everything possible to take care of and strengthen your skin to help reduce bruising and other complications. Keeping your skin properly cleansed, nourished and moisturized is an important part of your care plan. Here are some care tips:

1. Cleanse your skin by moistening your skin with warm water and applying moisturizing cleanser. Very gently rub the lotion onto the skin using the flat of your hand. Rinse with warm water. Avoid using a washcloth or other rough and abrasive cloths that can irritate the skin. Cleanse twice daily, morning and bedtime, or as directed by your health care team.

2. Gently apply a renewing moisturizer after cleansing, using a gentle stroking motion with the flat of the hand. Do not rub with excessive pressure as it can damage the skin. When cream is clear on the skin, stop the application and allow it to be absorbed on the skin. Apply to the affected area after every cleansing, or as directed by your health care team.

3. Check your skin for any signs of drainage, tears, sores or pain and record changes. Be sure to notify a health care professional of any areas of concern.
Conclusion

Fragile skin bruising is a common condition associated with aging, and while there are no established cures for the condition there is a lot that can be done to address the underlying causes. Being proactive and incorporating preventative skin care protocols can help strengthen skin, reduce bruising and help prevent skin tears and infections. It’s important to frequently examine your skin and report any problems to your health care team. You are a big part of your skin health, and if you take good care of your skin every day as suggested, you will have taken control of an important part of your health care to ensure the best quality of life for yourself.

Tips for Senile Purpura

Thinning skin associated with fragile skin bruising is more sensitive to irritants that can cause itching, inflammation, and contact dermatitis. You will need to treat your skin very carefully and protect it from irritants that can weaken or aggravate the skin.

• Avoid perfumes or products that include artificial colors or fragrances.
• Avoid shaving on thin fragile skin.
• Avoid putting any tape or adhesive products on your skin.
• Use hypoallergenic laundry detergents, fabric softeners, and dryer sheets that are designed specifically for sensitive skin.
• If skin is itchy (pruritic), don’t scratch. Talk to your health care provider if itching is intense or if you have any pain.
• If you are taking aspirin or other blood thinning agents or anticoagulants it is extremely important to discuss fragile skin bruising with your primary care team and how to best monitor and handle excessive bruising or bleeding.
Two-Step Hospital Grade Kits Available

- Antifungal Skin Care
- Chronic Dry Skin Care
- Diabetic Skin Care
- Edema Skin Care
- Fragile Skin Bruising Care
- Incontinent Skin Care
- Radiation Skin Care
- Venous Skin Care

Health Care Team

Health Care Educator

Name: _______________________________________  Company/Title: ________________________________
Address: ____________________________________
City: __________________ State: _____ Zip: _________
Phone: _____________________________________
Email: _____________________________________
Notes: _____________________________________

Physician

Name: _______________________________________  Company/Title: ________________________________
Address: ____________________________________
City: __________________ State: _____ Zip: _________
Phone: _____________________________________
Email: _____________________________________
Notes: _____________________________________