



THE FINGER TIP TEST

How you, your carer or family member can check for early signs of skin damage The fingertip test.

Fingertip test for checking that skin blanches which is a normal skin reaction. Skin that does **not** blanch when gently pressed is damaged.

	<p>Step one</p> <p>Discovery of any discoloured area noted</p>
	<p>Step two</p> <p>Use a finger to gently press the discoloured area for a count of 3</p>
	<p>Step 3</p> <p>Remove finger and there should be a blanched (pale) area where the finger was. This is a normal skin reaction. If this DOES NOT happen there is skin damage and the district nurses or GP needs to be informed IMMEDIATELY.</p>

Please note if the skin is **darkly toned** than this test will not work; check instead for areas of **darker tissue** damage and inform district nurses if any concerns

