Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Use and care of a static overlay mattress v4

Version number: **3**
Last modified date: **12th November 2026**

Use and Care of a Static Overlay FOAM Mattress

Patient Information

Community Nursing Team

- Author ID: JD
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Introduction

You have been identified as being at risk of developing pressure sores, or you may already have a pressure ulcer. In order to protect your skin as much as possible you have been provided with a static pressure reducing overlay mattress. You should read this leaflet together with the leaflet **CM 264 Pressure Ulcers-Patient and Carer** this can be found on the trust website: https://www.wwl.nhs.uk/patient-information-leaflets

How static overlay mattresses work

- There are various types and sizes of foam overlay mattresses (double/single).
- The Foam overlay mattress should be placed on top of your own mattress.
- The mattress works by providing an even weight distribution that conforms to the shape of your body and protects its bony areas.
- The mattress is made up of a series of cut cells that work independently; it is designed to reduce build up of pressure to areas of your body.

Use of your mattress

- Use a flat bed sheet (Not fitted) to cover the mattress.
- Avoid using additional covers and pads between the mattress, sheet and your skin as this will reduce its effectiveness.

General advice

- It is important that you reposition yourself frequently as this relieves pressure.

- If you are unable to reposition yourself your carers must do it.

Care and cleaning instructions

If the mattress becomes soiled, wipe it down with only warm soapy water using a damp cloth. Dry with disposable paper towel or allow to air dry.

Check every day that there are no rips or other damage to the mattress. If there are any problems inform the ‘Community Nurse’ who will arrange for a replacement.

Follow-up

The mattress is on loan. After 6 weeks or if your condition changes the Community Nursing Team will assess your need and either remove or re-issue the mattress.

Contact Information

If you have any questions or queries, which we have not covered in this leaflet, please contact us:

Community Nurse Team Telephone: 01942 807700 Monday to Sunday 8.00am to 5:00pm. Otherwise 5.00 pm – 8.00 am telephone 01942 481155



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