

## Skin Care and Incontinence

People who live with incontinence are at greater risk of skin irritation. Special care must be taken to keep the skin clean and dry.

### Do

- Clean the skin and perineal area after incontinence occurs
- Cleanse the skin with a mild soap and warm water, rinse well, then gently pat dry
- For ladies, always wipe / clean from front to back.
- Ensure the pad is fitted correctly and is close to the skin
- If a skin irritation, rash, redness or sores develop, see your local guidance and/or discuss with doctor/GP

### Don't

- Scrub the skin.
- Use two pads at the same time
- Use perfumed soaps / talcum powder / any product that contains alcohol
- Apply ointments / creams unless prescribed by doctor or GP.
- Always apply sparingly as excess cream can clog the pores of continence products and make them ineffective. Reapply the cream or ointment after cleaning and gently drying the skin.