



A PARENTS GUIDE

# SKINCARE



# Skincare Guide

The aim of this leaflet is to provide advice on how to keep your skin in good condition.

The skin is the largest organ in the body and is made up of three layers – the epidermis, dermis and subcutaneous layer. Its purpose is to protect the body and allow you to feel pain, touch and pressure. The skin releases sweat to help regulate body temperature and natural secretions to keep it healthy and supple.

Using incontinence pads does not mean that you cannot look after your skin in a normal manner.

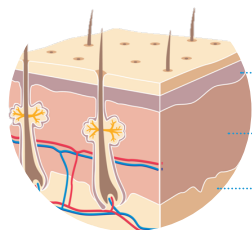
It is, however, important that you use the incontinence pads correctly by ensuring that they are always closely fitted to your skin.

## Caring for your skin

Use a mild soap, ideally one with a pH balance of 5.5, to minimise the risk of irritation to the skin. Gently pat the skin dry.

Only use creams prescribed by your doctor or nurse. Ensure creams are applied to dry skin, gently massaging a small amount into the skin in the direction of hair growth. Do not “rub in”, and avoid using large amounts of cream as this may reduce the effectiveness of the incontinence pads.

Remember, as you get older, your skin takes longer to re-hydrate and some factors can increase the risk of skin breakdown; including overwashing with soap and water.



The Epidermis

The Dermis

The Subcutaneous Layer

# Urinary And Faecal Incontinence

Skin problems are more likely to occur if users suffer from both urinary and faecal incontinence or if they have very loose stools.

## Urinary Incontinence

Remove the used incontinence pad, supporting it in its “cupped” shape to prevent leakage or spillage.

Carefully fold the pad and dispose of in accordance with your local guidelines or hygienic procedures.

If the skin is dry, simply fit a new pad. If the skin is damp, rinse with warm water and carefully pat the skin dry before fitting a new pad.

## Faecal Incontinence

Remove the used incontinence pad as detailed under urinary incontinence.

If faeces are present, carefully wipe this away and then wash the skin with a mild soap (pH 5.5).

Gently pat the skin dry and fit a new pad.

For further advice and support contact your local Continence Service or assessing nurse.

# Do's And Don'ts When Caring For Your Skin

## Do

- Always use the pads prescribed for you and make sure that they are fitted correctly
- Tell your Nurse if your skin is wet when you change your incontinence pad
- Tell your Nurse if you have eczema or psoriasis or are prone to other conditions that affect your skin
- Note the condition of your skin whilst using incontinence pads
- Tell your Nurse if there are any changes to your skin. This would include if your skin becomes red, sore or broken.
- Tell your Nurse if you are using any ointments or creams
- Wash your hands before and after changing your pad

## Don't

- Don't apply ointments or creams unless prescribed by your doctor or nurse. Always make sure you carefully follow the instructions.
- Don't use talcum powder on your bottom or groin area. It can cause friction which may damage the skin and also affect how well your pad works.
- Don't wear more than one pad at a time

## Important advice

Oil based barrier creams may reduce the performance of the pads. If barrier creams must be used, they should be applied sparingly and only on areas that require treatment. Used products should be disposed of in the appropriate manner, they cannot be flushed down the toilet.

# Further Information

## Wetness Indicators

**iD Expert Form, iD Expert Slip, iD Expert Belt, Lille Supreme Fit, Lille Suprem Form and Lille Suprem Pants.**

Each pad has two wetness indicator lines to show the presence of urine. These are a guide to when you need to change the product and can be checked without the need to remove the pad.

The yellow line will turn blue and the blue line/writing will fade. When approximately two thirds of the wetness indicator lines have changed colour the pad is ready to be changed.

If there has been any faecal soiling then the pad should be changed immediately.

## Coloured Resealable Tapes

**iD Expert Slip (PE Backed).**

There are two main parts to the fixing tapes used on All-In-One products. The blue section is the primary tape and once fixed will remain in place. Attempting to remove this tape once fixed will tear the pad.

The secondary section is the white upper tape which is attached to the back of the blue tape. This tape can be removed from the blue section and re-fixed to the back of the blue tape or re-positioned elsewhere on the pad.

This is a simple procedure and involves holding the blue tape with one hand, whilst lifting and removing the white tape with the other hand. You may re-fix the white tape back onto the blue tape as many times as you require.

The Textile back sheet on the iD Expert Slip has two resealable tapes on each side.



- 1 Resealable fixation tapes
- 2 Wetness Indicators



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