

The cover features a large, stylized graphic element consisting of a thick purple line that curves from the top right, goes left, then curves down and right, forming a partial 'C' shape. The background is white with blue and green curved accents on the left side. The text 'Euron Skincare Guide' is centered within the purple shape.

Euron® Skincare
Guide

Euron® Skincare Guide

Introduction

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 secretes sweat to help regulate body temperature and natural secretions to keep it healthy and supple.

The fact that you have to use incontinence pads does not mean that you cannot look after your skin in a normal manner. It is however important that you use your incontinence pads correctly in particular ensuring that when you are using them they are closely fitted to your skin.

Washing and Cleaning Your Skin

In the morning when you get up have your normal wash. Use a mild soap to minimize the risk of irritation to the skin ideally one with a pH balance of 5.5 and gently pat the skin dry.

Only use creams prescribed by your doctor or nurse, gently massaging a small amount into your skin in the direction of hair growth. Do not "rub in" and avoid using large amounts of cream which will reduce the effectiveness of your 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 over washing with soap and water.

Changing Your Incontinence Pads:

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.

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

Faecal Incontinence

Remove the used incontinence pad as detailed under urinary incontinence.

If faeces is 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.

DO'S AND DON'TS

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 ✗

- Apply ointments or creams unless prescribed by your doctor or nurse. Carefully follow the instructions
- 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
- Wear more than one pad at a time

Further advice and support is available from your local Continence Service, Primary Care Trust or Health Board.

Euron[®]

The Same **But Better**

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