Skin Care and Incontinence

The human body is covered in a protective layer of skin. Leakage on to the skin of both urine and faeces can cause irritation, soreness and damage. With an increased risk of pressure ulcers. If you are suffering from incontinence it is important that you are assessed by a health professional, as often incontinence can be treated, improved or managed better.

To remain healthy the skin needs to be supplied with nutrients and fluid through it's blood systems. It is therefore essential that you eat a balanced nutritious diet and drink plenty of water.

Cleansing the Skin

- The skin should be washed gently immediately after episodes of incontinence.
- Wash with unperfumed soap ensuring that the skin is well rinsed.
- If the skin is very dry an emollient or moisturiser can be used as a soap substitute e.g. aqueous cream

Drying the Skin

- The skin should be dried thoroughly.
- Gentle patting is the preferred method as too vigorous rubbing can lead to friction damage.
- Talcum powder is not advised. It can form encrustations and can also affect the absorbency of incontinence pads.

Barrier Creams

If the skin is exposed to urine or faeces it may become reddened or sore. A barrier cream or spray may be applied to act as a barrier against irritation from bodily fluids and prevent excoriation (removal of skin by abrasion) from urine or faeces.

- The skin should be clean and dry prior to the application of a barrier cream.
- Barrier creams should be applied sparingly, gently smoothing it into the skin.
- Care should be taken as many creams can affect the absorbency of incontinence pads.
- If you are unsure of which cream to use, seek professional advice.
- Avoid products that may contain alcohol as this may irritate the skin.

References:

Bladder and Bowel Foundation
Skin care (2014)

Useful Contacts and Support Groups:

Bladder and Bowel Foundation
SATRA Innovation Park, Rockingham Road, Kettering, Northants, NN16 9JH
Tel: 01536 533 255.

Email: Info@bladderandbowelfoundation.org

Website: www.bladderandbowelfoundation.org

If you would like more information, please contact:

Continence Nursing Team
Shrublands Health Centre
Magdalen Way, Gorleston
Great Yarmouth NR31 7BP

Tel: 01493 809977
Fax: 01493 418222
Compliments, comments, concerns or complaints

PALS may be the best starting point if you have a question or concern about the NHS. If you would like to find an NHS dentist, know where your nearest doctor is or talk through a problem you have had with a service, you can contact the PALS service.

To contact PALS: Call 01502 718666 Monday to Friday, 8am – 3.30pm Email: ECCH.patientliason@nhs.net

Or write to:
PALS, ECCH
1 Common Lane North, Beccles, Suffolk. NR34 9BN

If you would like this leaflet in large print, audio cassette, Braille or in a different language please contact Andrea Dawson on 01502719521 or

Continence Nursing Service
SKIN CARE AND INCONTINENCE
Information for Patients

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Being treated with dignity and respect is the right of every patient

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