

## Skin Hygiene: Cleanse, Moisturize, Protect

### Cleanse

Cleansers	Description	Usage Considerations	Product Names
<b>Tap water</b>	<ul style="list-style-type: none"> <li>• Good quality (drinkable or potable) tap water</li> </ul>	<ul style="list-style-type: none"> <li>• For good skin care</li> </ul>	
<b>Body wash bars/liquids</b>	<ul style="list-style-type: none"> <li>• Should be pH balanced</li> <li>• Some are hypoallergenic and fragrance-free</li> <li>• Some moisturize</li> </ul>	<ul style="list-style-type: none"> <li>• Caution with bar soap use as it changes the pH of the skin</li> <li>• Do not scrub the skin, avoid friction</li> <li>• Avoid scented products</li> </ul>	
<b>Commercial skin cleansers</b>	<ul style="list-style-type: none"> <li>• pH balanced and hypoallergenic</li> <li>• Tend to moisturize and well as cleanse</li> <li>• Good for frequently soiled areas</li> <li>• Some require rinsing, some do not</li> <li>• Some may be used as a total body cleanser as well as to shampoo hair</li> <li>• Supplied in foam or liquid</li> </ul>	<ul style="list-style-type: none"> <li>• Follow product recommendations for use</li> <li>• Gently wash skin with a soft cloth, rinse and pat dry</li> <li>• Gently soak skin to remove dried feces, debris; do not scrub skin, avoid friction</li> </ul> <p>Urine/fecal incontinence:</p> <ul style="list-style-type: none"> <li>• Skin should be assessed daily</li> <li>• Gently cleanse damaged skin as it may be painful, pat dry</li> </ul>	
<b>Antimicrobial skin cleansers</b>	<ul style="list-style-type: none"> <li>• Examples include povidone iodine, chlorhexidine, alcohol</li> <li>• To be used on intact skin</li> </ul>	<ul style="list-style-type: none"> <li>• Should only be used if there is concern about bacterial overload</li> <li>• May be useful for perineal cleansing</li> <li>• Due to toxicity should not be used on wounds</li> </ul>	

## Moisturize

Moisturizers	Description	Usage Considerations	Product Names
<b>Lotions, creams, ointments</b>	<ul style="list-style-type: none"> <li>• Distinguished by the ratio of water and oil, with lotions having the most water and ointments the most oil</li> <li>• Some are hypoallergenic</li> <li>• Some are non-scented</li> </ul>	<ul style="list-style-type: none"> <li>• Follow product recommendations for use</li> <li>• Avoid scented products</li> <li>• Apply after bathing, when the skin is still damp, not wet</li> <li>• DO NOT apply between toes</li> <li>• Consider allergies and sensitivities</li> <li>• Caution: over-hydration of skin can lead to maceration</li> </ul> <p>Urine/fecal incontinence:</p> <ul style="list-style-type: none"> <li>• Apply protectant cream to prevent incontinence-associated dermatitis (IAD)</li> </ul>	

## Protect

Protectants	Description	Usage Considerations	Product Names
<b>Barrier products</b>	<ul style="list-style-type: none"> <li>• Dimethicone, petrolatum, or zinc based</li> <li>• Cream or liquid, skin wipes, spray</li> <li>• Create a protective layer or film</li> <li>• Protect from friction and tapes/adhesives</li> <li>• May be used on intact or damaged skin</li> </ul>	<ul style="list-style-type: none"> <li>• Follow product recommendations for use</li> </ul> <p>Urine/Fecal Incontinence:</p> <ul style="list-style-type: none"> <li>• Apply protectant cream to prevent incontinence-associated dermatitis (IAD)</li> <li>• Silicone-based cream for mild to moderate IAD</li> <li>• Protectant zinc-based creams for moderate to severe IAD</li> </ul>	