

Skin Hygiene: Cleanse, Moisturize, Protect

Cleanse

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

Moisturize

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

Protect

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

