

Incontinence-Associated Dermatitis



- ✓ Check skin daily for redness, swelling, or break-down
- ✓ Use gentle, low pH cleansers
- ✓ Pat gently when drying skin and applying products
- ✓ Regularly apply a thin layer of a protectant or barrier product to the area
- ✓ Use suitable incontinence aides
- ✓ Ensure a nutritious diet
- ✗ Do not use soap, or cleansers containing alcohol or perfumes
- ✗ Avoid pulling or rubbing the skin





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