

# Skin health

Healthy skin is vital to quality of life and preventative skin care increases individual comfort, produces better care outcomes and benefits the entire care home.

## BODY



In the shower

### TENA Shampoo and Shower

**Method as a shampoo:** Massage into hair and rinse.

**Method as a body wash:** Massage gently over whole body and rinse off.

**Benefit:** Conditioning and anti-static properties plus Provitamin B5 leaves hair manageable and easy to comb. pH balanced, dermatologically tested, and mild for fragile, delicate skin.

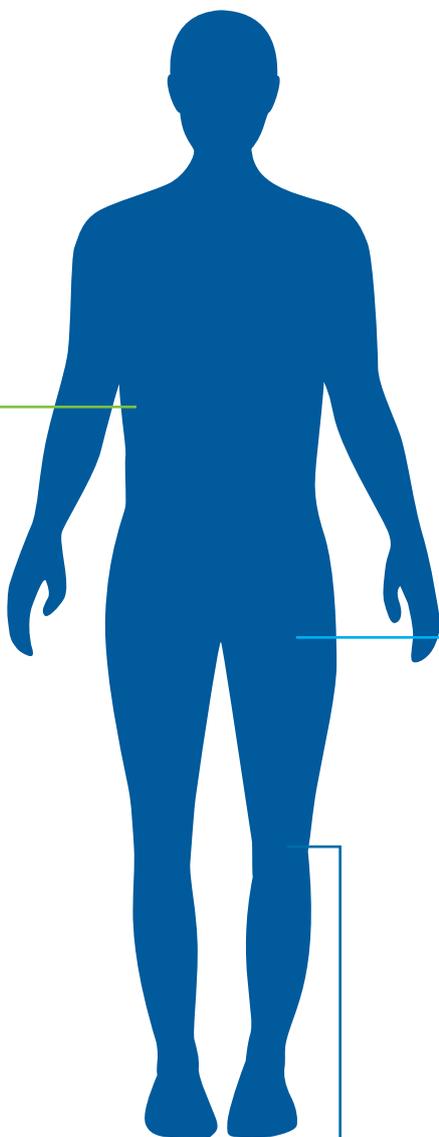


Twice daily

### TENA Skin Lotion

**Method:** Gently massage a thin layer over dry skin to the entire body post-shower.

**Benefits:** Restores natural moisture balance of dry and sensitive skin. Leaves skin with a protective layer. Includes Vitamin E which protects fragile skin. Proven to reduce skin tears.<sup>2</sup>



Daily

Every pad change

### TENA Wash Cream & Soft Wipe

**Method:** Apply to skin with a disposable TENA Soft Wipe. No need to rinse.

**Benefit:** Mild, pH balanced and soap free. Has a protecting effect and maintains skin integrity better than soap and water.<sup>1</sup>

## PERINEUM

Every pad change



### TENA Wet Wipes

**Method:** Remove any excess faeces with toilet paper, wipe areas gently to clean.

**Benefit:** Mild and soap-free. A convenient alternative to soap and water that leaves skin moisturised.

Every pad change



### TENA Barrier Cream

**Method:** Apply a thin layer to 'at risk' skin (reddened or unbroken skin folds). Do not apply heavily. Apply every 2-3 hours in cases of diarrhea<sup>3</sup>.

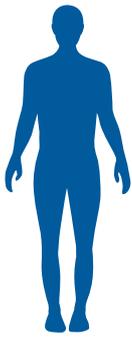
**Benefit:** Includes Vitamin E which protects fragile skin from irritants, urine, faeces and sweat.

1 P.A. Begg et al. Non-rinse skin cleansers: the way forward in preventing incontinence related moisture lesions? Journal of Wound Care Vol 25, No 5, May 2016, France & Germany.

2 Keryln Carville<sup>1</sup>, 2, Gavin Leslie, Rebecca Osseiran-Moisson, Nelly Newall & Gill Lewin. The effectiveness of a twice-daily skin-moisturising regimen for reducing the incidence of skin tears International Wound Journal ISSN 1742-4801; 2014; DOI: 10.1111/wj.12326

3 Best Practice Principles. Moving prevention forward. Proceedings from the Global IAD Expert panel. Wounds international 2015.





## TENA Skin Care usage guidelines

The recommended amounts below are a guide only. Amounts vary depending on resident size and cleansing needs.

### TENA Shampoo & Shower

Recommended for use in shower and can be used for the whole body and hair.

**Hair:** Massage 2-4 pumps into scalp and rinse well, repeat if desired. TENA Shower & Shampoo includes a conditioner to leave the hair soft, manageable and easy to comb.

**Body:** Use 2-4 pumps for the whole body. Can be used for perineal cleansing.

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### TENA Skin Lotion

For use on the body to moisturise and protect against skin tears.

Use 3-5 pumps and apply to whole body after the shower and again later in the day. Avoid putting skin lotion on soles of the feet as it may be slippery.

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### TENA Wash Cream & Soft Wipe

Can be used for daily whole body cleansing and is applied with a TENA Soft Wipe.

TENA Wash Cream is left on the skin, however excess should be wiped off. Can also be used as a wash in the shower using 3-5 pumps for cleansing the body.

**Face:** Avoid Wash Cream near the eyes, 1-2 pumps for facial cleansing.

**Body and hands:** Use 3-5 pumps of TENA Wash Cream directly onto the Soft Wipe. Dab on the skin, then massage gently for an even distribution of cream. Then turn the wipe over and gently remove any excess Wash Cream, do not rinse off with water.

**Legs and feet:** Use 3-5 pumps of TENA Wash Cream directly onto the Soft Wipe. Dab on the skin, then massage for an even distribution of cream. Always proceed from thighs towards feet. Turn the wipe over and remove any excess Wash Cream.

**Perineal Cleansing:** Remove any bulk stool with toilet paper. Initially use 2-5 pumps of Wash Cream directly on the soft wipe. Proceed always from front to back and ensure the area has been thoroughly cleaned. Repeat with more Wash Cream and new wipe to thoroughly clean the area. TENA Wash Cream is very useful for removing faeces from pubic hair and surrounding area.

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### TENA Wet Wipes

Can be used for whole body cleansing.

**Face:** 1 wipe avoid eyes

**Arms/underarms/chest:** 1 wipe

**Back:** 1 wipe

**Legs:** 1 wipe for both legs

**Perineal Cleansing:** Can be used for perineal cleansing. Remove any excess faeces if present with toilet paper. Use 1-2 wipes. Proceed always from front to back and ensure the area has been thoroughly cleaned.

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### TENA Barrier Cream

Use sparingly on perineal area and skin folds as protection.

Can be used to protect around stoma and intact skin around wounds, do not use on broken skin.