



BLADDER AND BOWEL COMMUNITY **Product Information**

Skincare and Hygiene

Bladder Problems

It is important to take care of your skin if you have bladder problems. Frequent trips to the toilet to empty your bladder and wetting accidents may mean that your skin can become sore. If you need to wear pads or a sheath then maintaining your skin's health is especially important. Good hygiene is essential to prevent odour, to maintain healthy skin and to avoid infection.

Skin care tips:

- Wash well each day and, if possible, each time you change or have an accident. A shower with a detachable head so you can get plenty of water to the area, or a bidet, makes thorough washing much easier. Resist the temptation to soak in very hot water – this can damage sensitive skin.
- Use a mild soap or, especially in hard water areas where soaps can leave traces of scum that can block pores and irritate thin skin, a gentle detergent like baby bath or baby shampoo. Alternatively you might prefer to use a hydrating foaming cleanser or baby lotion as these are less drying on the skin – it is worth experimenting. Be sure to rinse well with plenty of clean warm water. You could use a small mirror to check that you have cleaned the area thoroughly.
- Avoid scented and “medicated” washing products as these can irritate and dry the skin even more. Pat dry with a soft towel - avoid rubbing the skin. A small hairdryer is a good way to dry yourself, particularly when at home, but remember these are not safe to use in the bathroom.
- Try not to wear tight fitting clothes, they may rub and cause more soreness. Looser-fitting clothes will also improve air circulation and help to prevent sweating: they can also disguise any evidence of a pad or bag beneath them. Natural fibres, like cotton and silk, tend to be kinder to your skin.
- If you wear pads, fit them quite closely to avoid leakage and rubbing your skin as you move. Pads come with two types of cover – slippery plastic and non-woven “cloth-like”: while many prefer the non-woven covers as being cooler to wear and less noisy, others prefer the smooth plastic cover as they are less likely to irritate the skin – especially the inner thighs when walking. You may find that wearing a barrier or a nappy cream helps too.
- If you prefer to cover your pad with waterproof pants, remember that though you may feel a lot safer, these reduce airflow to the skin and so you should be even more careful with your hygiene. Try to use them only when essential and for the shortest possible time.
- Men wearing a sheath will probably find that wearing loose boxer shorts is more comfortable as they allow the sheath and drain tube to lie unobstructed by elastic which can cause kinking of the drain tube and unexpected flooding.
- Most sheaths must be changed at least every 24 hours. When removing a sheath either gently ease it off under water in the bath or shower, or use a non-sting medical adhesive remover and take your time, to minimize the danger of tearing or over-stretching the delicate skin.
- After an accident, you should get to a toilet, change your pads or clothing and wash the area as thoroughly as you can.
- When out and about, you can use moist alcohol-free tissues or baby wipes. You may also like to use a barrier cream to help protect the skin.

Products Available

B&BC aims to provide up-to-date and accurate product information. No liability is accepted for any errors in the information presented. B&BC endorses neither the companies nor the products listed here.

Abena UK Ltd Unit 2, Swallow Gate Business Park, Holbrook Lane, Holbrooks, Coventry, CV6 4BL Tel: 024 7663 7663 Website: www.abenaonline.co.uk/shop/frontpage.html

Product	Description	Size
Wet Wipes	Abena Body Wash Wet Wipes are made from a soft Non-woven material that makes it suitable for every need and purpose. Wet Wipes are a wiping and washing solution in one product, essential where the use of water is limited or no option at all. After use they can be easily disposed of in a litter bin (not flushable) with very low impact on the environment	80 per pack
Dry Wipes	Abena Soft Wipes are a strong Airlaid wipe that can be used wet or dry. Airlaid wipes are multi purpose wipes with a good absorption and a very soft feel.	125 per pack
Wash Lotion	Abena Washing Lotion puts a protective film on skin whilst simultaneously removing the dirt and odors from the skin. Contains no colour, fragrance or parabens	500 ml. 1 per pack
Ointment	Abena Skincare Ointment can be used for preventing irritation and skin damage caused by incontinence. At the same time removes the odour from urine and faecal pollution. It conditions the skin by putting a protective membrane onto the skin. Contains no colour, fragrances or parabens.	Come in 30 ml and 150 ml. 1 per pack
Zinc Ointment	Abena Zinc Ointment is applied to the skin where the injury has occurred to soothe red, irritated skin. It disinfects small skin lesions. The ointment becomes a protective film on the skin. It is easy to apply and easy to remove. Contains no colour, fragrance or parabens.	Come in 30 and 100 ml. 1 per pack
Intimate Wash	Abena Intimate care is a very mild wash for daily intimate hygiene, it provides good care and leaves skin soft and clean. Contains no colour, fragrance or parabens. The product has a pH of 3.5, which is regulated by extra gentle lactic acid	500 ml and 1 per pack
Shower and Bathing Liquid Soap	Abena Shower & Bathing Oil is a very good soap with gentle fragrance that contains oil, which adds moisture to the skin, calms the skin and makes it soft and supple. It is a suitable product for people with dry skin but can be used for all skin types.	500 ml and 1 per pack
Body Cream 26%	Abena Body Cream contains 26% fat and is particularly suitable for all skin types as it gives the skin nutrients, retains moisture in the skin and leaves it soft and supple. Contains no colour, fragrances or parabens	200 ml and 1 per pack
Hand Cream	Abena Hand Cream contains 25% fat, it gives your hands and cuticles optimum care and provides the skin with moisture, it absorbs quickly into the skin and is non greasy. A good product for daily care and maintenance of your hands. Contains no colour, fragrance or parabens.	75 ml. and 500 ml. 1 per pack.
Body Cream 70%	Abena Intensive Care Cream contains 70% fat, which is particularly suited to care of dry skin on the entire body. It helps to keep skin moist so it remains supple and soft. Contains no colour, fragrance or parabens.	come in 30 ml and 200 ml. 1 per pack

Wash Gloves	Abena Wash Gloves are a practical pocket shaped washcloth. Due to the pocket shape the glove stays securely on your hand whilst in use. In addition the Soft-Care wash gloves are made with an oval opening to help you with easy access.	50 per pack
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Allanda Ltd Address: Olney House, High Street, Olney. MK46 4EB Telephone: 0800 999 5565

Email: info@allanda.co.uk Website: www.allaboutincontinence.co.uk

Wet Wipes	Perfect for quick washing and cleansing, 80 wipes in a pack.	£2.80
Wash Lotion Foam	Soap free washing lotion 500ml pump.	£3.80
Wash Foam	Skin friendly cleansing foam, alternative to soap and water, 400ml aerosol.	£3.65
Wash Gloves	Disposable wash gloves, 50 pieces in pack.	£3.95
Neutradol	Room Deodoriser, 300ml aerosol.	£1.59

Attends Ltd Tel: 0845 601 3272 Fax: 0191 242 7130

3rd Floor, The Old Post Office, St Nicholas Street, Newcastle-upon-Tyne, NE1 1 RH Website: www.attends.co.uk

Product	Description	Size
Wet wipes	Soft and strong moist cleansing wipe. Refill with hard plastic lock	80 wipes
Washing lotion	A mild cleansing lotion for washing and showering. Use in conjunction with water. Plastic bottle with press top opening	200ml
Care foam	A mild cleansing foam. Aerosol can	400ml
Skin cleansing glove	Skin friendly disposable glove	50 gloves
Body milk	Long lasting moisturising lotion which is quickly absorbed into the skin. Plastic bottle with pump dispenser	500 ml
Hydro gel	A skin friendly gel for massaging specific areas of the skin. Plastic tube.	200ml
Care cream	Rich cream which provides a protective layer for sensitive skin. Plastic tube.	200ml

Coloplast Direct Ltd Tel: 01733 392000

Peterborough Business Park Lynch Wood Peterborough Cambridgeshire PE2 6ZZ

Website: www.coloplast.co.uk

Product	Description	Price
Isagel	No rinse antiseptic hand cleansing gel. 21froz bottle	4.99

Great Bear Healthcare Tel: 029 2074 7770 1 Lambourne Crescent, Cardiff Business Park, Cardiff CF14

5GF Email: mail@gbhl.co.uk Website: www.greatbearhealthcare.co.uk

Product	Description	Size
GB Soft Skin Range	GB Soft Skin consists of a Medical Adhesive Remover Spray and Medical Skin Barrier Wipe. Alcohol Free, non-sting formula to protect, moisturise and soothe the skin prior to, and after, use of a Medical Adhesive Product (such as Sheath or Stoma Pouch).	Barrier Wipes are available in packs of 30. Medical Adhesive Remover Spray is a 50ml Aerosol Spray

Incontinence UK Address: 17c Weston Favell Centre Northampton Northamptonshire NN3 8JZ
 Tel: 0800 068 3625 Email: info@incontinenceuk.co.uk Website: www.incontinenceuk.co.uk/

Product	Description	Size
Wet Wipes	These gentle, pre-moistened, alcohol-free, lightly fragranced skincare wipes are ideal when quick cleansing is required. They lift soiling quickly and easily and are suitable for frequent use, especially in incontinence care.	Come in two options - pack of 24 wipes or 48 wipes
Wash Cream & Wash Mousse	Perfect replacement for soap and water in addition to skin conditioning products. Cleanses, restores and protected even the delicate and fragile skin. Ideal for daily cleansing and incontinence care.	Wash Cream - 250ml and Wash Mousse 400ml
Hand Sanitiser	Anti-bacterial hand sanitiser pump dispenser that is ideal for decontaminating hands.	354ml
Wash Gloves	Disposable powder free vinyl gloves. These examination gloves are comfortable to wear and have a soft heel that maintains fingertip sensitivity.	Pack of 100 gloves

Paul Hartmann Ltd

Unit P2 Parklands Heywood Distribution Park Pilsworth Road Heywood Lancs OL10 2TT
 Tel: 0800 028 94 90 Fax: 01706 363211 Website: www.hartmann.co.uk

Product	Description
Wash Lotion	500ml bottle, cleanser for sensitive and dry skin
Skin cleansing foam	400ml Pump. Light foam for mild skin cleansing, even heavily soiled areas.
Skin protection foam	100ml Pump, forms a protective film on the upper dermal layer.
Body lotion	500ml bottle. Supports the skin's own protection mechanism
Moist Tissues	50 tissues in a box. For quick, gentle cleansing.
Shampoo	500ml bottle, mild cleansing for hair and sensitive scalp.
Skin Care Bath	500ml bottle. Mild bath for irritated and elderly skin

The Bladder and Bowel Community provides information and support for people with bladder and bowel issues. We publish a wide range of user friendly booklets and factsheets.

For more information please call us on 01926 357220, email help@bladderandbowel.org or write to us at The Bladder and Bowel Community, 7 The Court, Holywell Business Park, Northfield Road, Southam, CV47 0FS.

www.bladderandbowel.org

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