



A simple skin care
regime when dealing
with incontinence



What is 'incontinence'?

Incontinence is when you are suddenly unable to hold back urine or faeces.

Common skin concerns associated with incontinence

Prolonged exposure to urine and faeces can result in inflammation and breakdown of the skin.

The areas most affected are the genitalia (male and female), the area around the anus (due to faecal incontinence), the buttocks, thighs and skin folds in the groin.



Tips for avoiding skin damage

Do

- Remove soaked pads as quickly as possible
- Remove wet clothing and linen as quickly as possible
- Thoroughly clean and dry the affected area after an episode of leakage
- Use a gentle pH balanced cleanser such as **SECURA[®] Cleanser** instead of soap and water
- Use a barrier cream such as **SECURA Protective Cream Z10** or **SECURA Barrier Cream D** after cleansing to protect the skin against further exposure to moisture

Don't

- Use soap and water as it may strip natural oils and moisture from the skin
- Aggressively scrub skin when cleaning
- Use thick creams which may clog pads and prevent them from absorbing moisture



Tips for healthy skin

Step 1: SECURA[®] Cleanser

The first step in preventing skin breakdown is to preserve the skin's protective shield.



Cleansing with a pH balanced soap free cleanser such as **SECURA Cleanser** can gently lift bodily fluids and remove them without the need for harsh scrubbing.

Being a no rinse formulation means it's as simple as apply and wipe.

Step 2: SECURA Protective Cream Z10 or SECURA Barrier Cream D

After cleansing, apply a moisturising skin protectant such as **SECURA Protective Cream Z10** or **SECURA Barrier Cream D**.



This will create a barrier to seal out wetness as well as moisturise the skin.



What is SECURA^o?

SECURA Preventive Skin Care products are made with high quality ingredients that make the difference between basic care and proactive prevention. SECURA provides a simple solution for optimal skin care management of incontinence:

Cleanse with SECURA Cleanser

Protect with SECURA Protective Cream Z10 or SECURA Barrier Cream D



Simple skin care management with SECURA. Be confident in your choice.

Do you need help meeting the cost of your continence products?

You may be eligible for financial support under a scheme such as:

- The Continence Aids Payment Scheme (CAPS)
- The National Disability Insurance Scheme (NDIS)
- The Rehabilitation Appliances Program (RAP) provided by the Department of Veterans' Affairs (DVA)
- Stoma Appliance Scheme (SAS)

Some state and territory governments also provide support for people suffering from incontinence. However, services and eligibility requirements can vary between states.

Contact the National Continence Helpline on 1800 33 00 66 or talk to a healthcare professional such as your doctor or continence nurse to seek advice on support services that may be available to you.



What problems can occur?

Skin problems

People with chronic exposure to urine and faeces can develop a nappy rash like condition called 'incontinence associated dermatitis'. The reddened and irritated skin can be painful, itchy and feel like burning.

Infections

Skin breakdown leaves the skin at risk of infection.

Wellbeing

People may feel embarrassed and change or restrict their social activities. This isolation can reduce quality of life.



Where can I order SECURA[°]?

Independence Australia

Ph: 1300 788 855

www.independenceaustralia.com

Brightsky

Ph: 1300 886 601

www.brightsky.com.au

Intouch

Ph: 1300 134 260

www.intouchdirect.com.au

SECURA Cleanser

Code	Size
66800988	236ml spray bottle

SECURA Protective Cream Z10

59447525	78g tube
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SECURA Barrier Cream D

66800986	28g tube
66800983	92g tube

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T 0800 657 799 (Surgical) T 0800 807 663 (Wound)