



Do you suffer from  
a loss of bladder  
or bowel control?



## 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.



# 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.



## 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** 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 clean with scrubbing techniques
- 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

After cleansing, apply a moisturising skin protectant such as **SECURA Protective Cream Z10**. This will create a barrier to seal out wetness as well as moisturise the skin.



Containing clove oil, it can also help to mask the potential odour of bodily fluids.

# What is SECURA®?

**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 with incontinence:

Cleanse with **SECURA Cleanser**

Protect with **SECURA Protective Cream Z10**



**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

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 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.

## Where can I get more information?

- Bladder & Bowel website:  
**[www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)**
- Continence Foundation of Australia website:  
**[www.continence.org.au](http://www.continence.org.au)**
- National Continence Helpline: **1800 330 066**
- Your local doctor or continence nurse

## Experience the SECURA<sup>®</sup> difference.

Always read the label and use as directed.  
If symptoms persist, consult your pharmacist.

**Smith & Nephew Pty Ltd** Healthcare Division

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