

# Incontinence Associated Dermatitis (IAD)

Inflammation and irritation of the skin caused by contact with urine and/or stool

## Causes\*

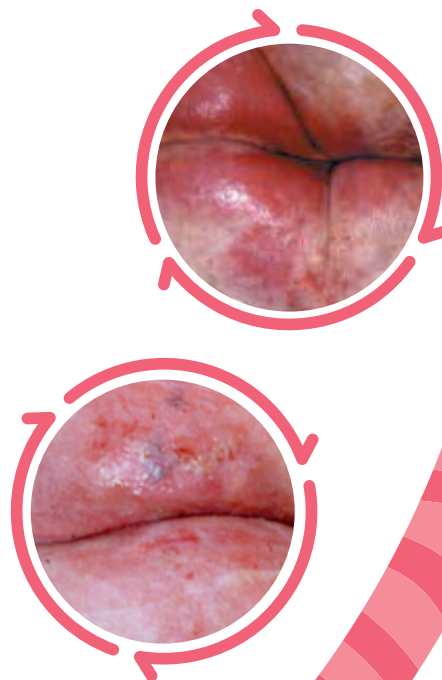
- Excessive exposure to moisture from urine or stool interferes with the protective barrier of the skin
- The normal pH of the skin is affected by the alkaline nature of urine and stool—making it more susceptible to infection
- Harsh soaps, detergents and excessive rubbing can make IAD worse
- Incontinence products that do not properly contain urine and stool expose the skin to excess moisture

## Clinical presentation

- Moist, bright red skin
- Inflammation
- Denudation of the skin
- Erosion of the epidermis and dermis
- Diffuse distribution
- Irregular edges
- Burning, itching

## Interventions

- Gently cleanse the skin after each episode of incontinence, avoiding harsh soaps or detergents
- Apply skin protectants according to manufacturer's instructions
- Avoid excessively rubbing or scrubbing the skin
- Use incontinence garments that wick moisture away from the skin



# Recommended system of products



## Cleanser

- Gentle, pH-balanced cleanser that helps maintain skin's acid mantle and moisture on the skin
- Apply to soiled areas, and then gently wipe clean with a damp or dry cloth

Remedy Phytoplex No-Rinse Spray

Remedy Phytoplex No-Rinse Foam

Remedy Intensive Skin Therapy No-Rinse Foam

Remedy No-Rinse Foam

Remedy Essentials No-Rinse Spray



## Skin barrier cream

Use before skin breakdown

- Acts as a barrier to seal out irritants and excess moisture
- Apply a thin layer to intact skin; should appear clear once gently rubbed in

Remedy Phytoplex Hydraguard

Remedy Intensive Skin Therapy Hydraguard-D

Remedy Essentials Barrier Ointment

Remedy Essentials Inzo Barrier Cream



## Skin protectant barrier cream

Use for compromised skin

- Zinc protectant that helps relieve symptoms associated with prolonged exposure to moisture
- Apply thin, light layer as needed over wet, weepy, denuded skin

Note: If you choose to remove, use a gentle cleanser to help break down the zinc, and then lightly remove with a damp cloth.

Remedy Phytoplex Z-Guard

Remedy Phytoplex Clear Aid

Remedy Intensive Skin Therapy Calazime

Remedy Essentials Zinc Paste



## Antifungal ointment or powder

Use if fungal rash is present

- Petrolatum-based formula with 2% miconazole nitrate to help treat common fungal infections. The ointment is clear so you can see and monitor the skin.
- Apply a thin layer on clean, dry skin twice a day (morning and night) or as directed by a physician.

Remedy Phytoplex Antifungal Ointment

Remedy Phytoplex Antifungal Powder



## Liquid skin protectant

Use on at-risk skin and/or damaged skin

- Non-stinging cyanoacrylate skin protectant to create robust yet flexible barrier on skin
- Apply a thin layer on clean, dry skin

Marathon XL Liquid Skin Protectant

\*Data on file.