

# Preventing IAD

(Incontinence Associated Dermatitis)



### What is IAD?

- Incontinence Associated Dermatitis (IAD) is a condition that occurs when the skin is damaged as a result of exposure to urine (with a high pH) and/or feces (with fecal enzymes). Considered a Moisture Associated Skin Damage (MASD).

### Also known as:

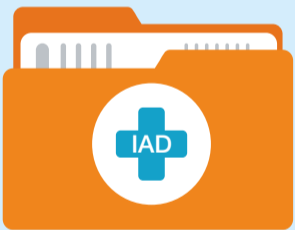
- Perineal Dermatitis, Irritant Dermatitis, Contact Dermatitis, Moisture Lesion, Perineal Rash, Diaper Rash

### How to prevent IAD:

1. Use breathable continence products
2. Follow a structured IAD Skin Care Regimen
3. Wash the skin without water
4. Screen the skin for redness, inflammation, rash, pain, or itching
5. Avoid friction around the perineal skin
6. Choose products with a skin-neutral pH ( $\pm 5.0$ )



### How to choose the right product?



#### Ingredients:

- **Allantoin:** promotes healthy skin stimulation
- **Glycerin:** acts as a moisturizer
- **Zinc Oxide:** has antiseptic properties, calms skin & creates a barrier
- **Dimethicone:** silicone oil that creates a barrier

#### Application form:

- Wash Without Water Gloves:** no-rinse cleansing. Easy to use and gentle to skin, leaving a thin layer of lotion
- Lotion:** spreads easily to large areas without leaving the skin greasy and sticky. Suitable for hairy and intertriginous areas
- Foam:** very easy to apply and gentle to skin
- Spray:** minimizes friction with the skin as rubbing is not needed
- Ointment:** semi-solid preparations useful in dry skin conditions
- Oil:** absorbed directly and instantly into the top layers of the skin



#### NORMAL SKIN:



- Healthy skin, no redness or irritation, but prone to development of IAD due to feces and/or urinal incontinence.

#### FIRST SIGNS OF IAD:



- Erythema (redness) with or without oedema (swelling).
- Skin is still intact.

#### MILD DEGREE OF IAD:



- Beginning breakdown and appearance of skin wounds
- Erythema (redness) with or without oedema (swelling).
- First signs of skin erosion or denudation might appear.

## IAD Skin Care Regimen

			Normal skin	First signs of IAD	Mild degree of IAD
<b>1</b> Gentle Cleansing (Wash-without-Water)		Wet Wash Gloves	✓	✓	✓
		Wet Wash Gloves with 3% Dimethicone	✓	✓	✓
		Washing Lotion	✓	✓	✓
		Washing Foam Aerosol	✓	✓	✓
<b>2</b> Moisturizing		Skin Care Lotion, 14% lipid	✓	✓	
		Oil Spray, 100% lipid	✓	✓	
		Skin Care Barrier Lotion, 16% lipid	✓	✓	
		Skin Care Ointment, 41% lipid	✓	✓	✓
<b>3</b> Barrier Application		Zinc Oxide Ointment, 4% Spray-on		✓	
		Intensive Care, 70% lipid		✓	✓
		Zinc Oxide Ointment, 10% Spray-on		✓	✓
		Zinc Ointment, 20%			✓

*Our barrier creams contain moisturizing ingredients and therefore you do not need to apply additional moisturizer.*

**GENTLE CLEANSING (WASH WITHOUT WATER)**

**Washing Lotion, Art. No. 6964**

Abena's Washing Lotion is mild and with effective cleansing properties. A good alternative to traditional washing with water and soap. The washing lotion is the ideal solution for bedridden immobile and/or incontinent patients.

- Gentle cleaning with little friction.
- Removes perspiration salts and unpleasant body odors effectively
- Leaves a protective layer.
- Contains Allantoin (reduces inflammation)

**Application:**

- Apply carefully and
- Wipe the excess lotion away with a soft Wash Glove or similar alternative product.



**MOISTURIZING**

**Skin Care Barrier Lotion, Art. No. 6667**

Abena Skin Care Barrier Lotion is a moisturizer for dry and irritated skin. Contains Glycerin that is known for its hydrating properties. Specifically formulated to help hydrate and maintain the natural moisture level for healthy skin, whilst leaving a protective barrier on the skin.

- Contains no colorants.
- With perfume
- Contains Glycerin, known for excellent hydrating properties.

**Application:**

- For daily care of the skin.
- May be used frequently.
- Apply and distribute carefully in a thin layer.
- Dosage according to need.



**BARRIER APPLICATION**

**Zinc Ointment, Art. No. 6996, 6963**

Abena Zinc Ointment (water-in-oil emulsion) is ideal for skin that requires barrier care. It provides a protective barrier to the skin for up to 8 hours. It contains 20% Zinc Oxide, which is known for its antiseptic properties and helps calm irritated and/or red skin.

- 20% Zinc Oxide antiseptic properties
- Contains Allantoin to reduce inflammation.
- Contains no colorants or perfume.

**Application:**

- For daily care/repair of the skin
- Apply and distribute carefully in a thin layer.
- Dosage according need
- May be used frequently
- Easy to remove from the skin.



**Incontinence Wet Wash Gloves, Art. No. 100003181**



Abena's disposable impregnated Incontinence Wash Gloves with a 3% Dimethicone content are formulated to clean the perineal area and protect the skin from urine and feces exposure – all in one product.

**Application:**

- Gently wash the perineal skin with the Wash Gloves.
- The Gloves can be used on both sides. Dispose the products after use.



**Oil Spray, Art. No. 6666**

Abena Oil Spray is suitable for use on normal to visibly cracked dry skin. Contains skin conditioning ingredients to help skin feel smooth, and leaves a protective barrier on the skin.

- Contains vitamin E, which is known for its antioxidant properties.

**Application:**

- Can be used on entire body
- Apply by using the spray function.
- May be used frequently. Dosage according to need.



**Intensive Care, Art. No. 6988, 6966, 6970**

Abena Intensive Care Cream is ideal for dry skin to help restore the skin's natural moisture level. The rich lipid content (70%) helps to improve skin hydration and texture, creating a barrier, without leaving a greasy feel on the skin. It has outstanding barrier properties from initial application up to 8 hours

- 70% lipid content
- Contains no colorants or perfume.

**Application:**

- Apply and distribute carefully in a thin layer.
- Dosage according need
- May be used frequently
- Suitable for hands body and face.



**Wet Wash Gloves, Art. No. 540051**



Abena's disposable Wet Wash Gloves have a pleasant cleansing and moisturizing effect, and are a good alternative to the traditional bath with water and soap. The gloves remove perspiration and bad odors and are very hygienic in use.

**Application:**

- Gently wash each part of the body with the gloves.
- The gloves can be used on both sides. Dispose the products after use



**Skin Care Lotion, Art. No. 6652 / 6653**

Abena Skin Care Lotion for normal to dry skin is a lightweight hydrating lotion for daily use. Suitable for hands, body and face. It contains 14% lipids and is quickly absorbed into the skin.

Tests have shown that Abena Skin Care Lotion provides significant hydration for up to 8 hours.

- 14% Lipid content
- Contains Olus Oil (Moisturizer)
- Contains Shea Butter (Nourisher)
- Contains no colorants or perfume

**Application:**

- Apply and distribute carefully. Dosage according to need.



**Zinc Oxide 4% Spray-On, Art. No. 100003932 / 100003961**

Abena's Zinc Oxide Cream Spray protects and regenerates the skin, promoting a natural skin restoration for up to 24 hours. Thanks to its spray applicator friction is minimized and the applicator also helps to prevent contamination.

- Contains Calendula & Chamomile

**Application:**

- Use where redness is detected and first signs of IAD is visible
- Shake before use
- Use a spraying distance of approximately 5 to 10 cm. It is not necessary to further rub in the cream
- Apply only a thin layer.
- Use at every diaper change.
- Dosage according to need
- Do not apply on cracked or broken skin
- No colorants or perfume



**Washing Foam, Art. No. 150224**

Abena's Washing Foam is mild and soft with effective cleansing properties for personal hygiene.

The Washing Foam is very easy to apply and gentle to the skin. It is ideal to use when changing incontinence products, as it dissolves feces and removes unpleasant body odors effectively.

The Washing Foam is formulated to reduce friction and helps to moisturize and nourish the skin.

**Application:**

- Apply carefully and
- Wipe the excess lotion away with a soft Wash Glove or similar alternative product.



**Skin Care Ointment, Art. No. 6659, 7759, 6673**

Abena Skin Care Ointment is ideal for dry and/or irritated skin. Tests have shown that its formula has outstanding, long-lasting moisturizing properties to help maintain a natural moisture level of the skin.

- 41% lipid content
- Contains no colorants or perfume.

**Application:**

- Apply and distribute carefully in a thin layer.
- Dosage according to need
- May be used frequently
- Allow a longer absorption time due to high lipid content.
- Do not use on cracked or broken skin.



**Zinc Oxide 10% Spray-On, Art. No. 100003933**

Abena's Zinc Oxide Cream Spray protects and regenerates the skin, promoting a natural skin restoration for up to 24 hours. Thanks to its spray applicator friction is minimized and the applicator also helps to prevent contamination.

- Contains Calendula & Chamomile

**Application:**

- Use where first signs of IAD are detected and also in mild/moderate IAD incidents.
- Shake before use
- Use a spraying distance of approximately 5 to 10 cm. It is not necessary to further rub in the cream.
- Apply a thin layer.
- Use at every diaper change.
- Dosage according to need
- Do not apply on cracked or broken skin
- No colorants or perfume

