

TENA Skincare

Healthy skin is vital to quality of life and preventative skin care increases individual comfort, produces better care outcomes and benefits the entire care home.

BODY

TENA Shampoo & Shower

Method as a shampoo: Massage into hair and rinse.

Method as a body wash: Massage gently over whole body and rinse off.

Benefit: Conditioning and anti-static properties plus Provitamin B5 leaves hair manageable and easy to comb. pH balanced, dermatologically tested, and mild for fragile, delicate skin.

TENA Body Lotion

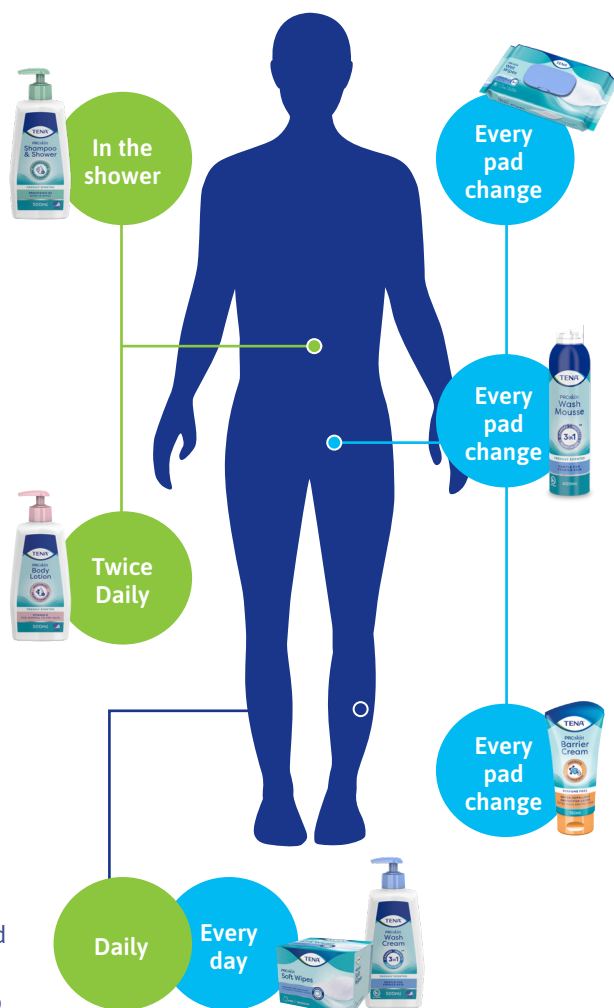
Method: Gently massage a thin layer over dry skin to the entire body post-shower.

Benefits: Restores natural moisture balance of dry and sensitive skin. Leaves skin with a protective layer. Includes Vitamin E which protects fragile skin. Proven to reduce skin tears.¹

TENA Wash Cream & Soft Wipe

Method: Apply to skin with a disposable TENA Soft Wipe. No need to rinse.

Benefit: Mild, pH balanced and soap free. Has a protecting effect and maintains skin integrity better than soap and water.³



PERINEUM

TENA Wet Wipes

Method: Remove any excess faeces with toilet paper, wipe areas gently to clean.

Benefit: Mild and soap-free. A convenient alternative to soap.

TENA Wash Mousse

Method: Remove any excess faeces with toilet paper, apply with TENA Soft Wipe to clean, no need to rinse.

Benefit: Mild and soap-free. A convenient alternative to soap.

TENA Barrier Cream

Method: Apply a thin layer to 'at risk' skin (reddened or unbroken skin folds). Do not apply heavily. Apply every 2-3 hours in cases of diarrhoea.²

Benefit: Includes Vitamin E which protects fragile skin from irritants, urine, faeces and sweat. Use on pressure points and bony prominences to prevent skin breakdown

PROskin



tenaprofessional.com.au
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References: 1. Carville, Leslie, Osseiran-Moisson, Newall, Lewin. The effectiveness of a twice-daily skin-moisturising regimen, International Wound Journal. 2. Best Practice Principles. Proceedings from the Global IAD Expert panel. Wounds international 2015. 3. Begg et al. Non-rinse skin cleansers, May 2016



TENA Skincare Usage Guidelines

The recommended amounts below are a guide only.
Amounts vary depending on resident size and cleansing needs.

In the shower



TENA Shampoo and Shower

Recommended for use in shower and can be used for the whole body and hair.

Hair: Massage 2-4 pumps into scalp and rinse well, repeat if desired. TENA Shampoo and Shower includes a conditioner to leave the hair soft, manageable and easy to comb.

Body: Use 2-4 pumps for the whole body. Can be used for perineal cleansing.

Twice Daily



TENA Body Lotion

For use on the body to moisturise and protect against skin tears.

Use 3-5 pumps and apply to whole body after the shower and again later in the day. Avoid putting Body Lotion on soles of the feet as it may be slippery

Daily

Every pad change



TENA Wash Cream / TENA Mousse / TENA Soft Wipe

TENA Wash Cream can be used for daily whole body cleansing and is applied with a TENA Soft Wipe. TENA Wash Mousse is ideal for perineal cleansing particularly where faeces is present.

TENA Wash Cream is left on the skin, however excess should be wiped off. Can also be used as a wash in the shower using 3-5 pumps for cleansing the body.

Face: Avoid Wash Cream near the eyes, 1-2 pumps for facial cleansing.

Body and hands: Use 3-5 pumps of TENA Wash Cream directly onto the Soft Wipe. Dab on the skin, then massage gently for an even distribution of cream. Then turn the wipe over and gently remove any excess Wash Cream, do not rinse off with water.

Legs and feet: Use 3-5 pumps of TENA Wash Cream directly onto the Soft Wipe. Dab on the skin, then massage for an even distribution of Wash Cream. Always proceed from thighs towards feet. Turn the wipe over and remove any excess Wash Cream.

Perineal Cleansing: Remove any bulk stool with toilet paper. Initially use 2-5 pumps of Wash Cream / Mousse directly on the soft wipe. Proceed always from front to back and ensure the area has been thoroughly cleaned. Repeat with more Wash Cream / Mousse and new wipe to thoroughly clean the area. TENA Wash Cream / TENA Wash Mousse is very useful for removing faeces from pubic hair and surrounding area.

Every pad change



TENA Wet Wipes

Can be used for whole body cleansing.

Face: 1 wipe avoid eyes

Arms/underarms/chest: 1 wipe

Back: 1 wipe

Legs: 1 wipe for both legs

Perineal Cleansing: Can be used for perineal cleansing. Remove any excess faeces if present with toilet paper. Use 1-2 wipes. Proceed always from front to back and ensure the area has been thoroughly cleaned.

Every pad change



TENA Barrier Cream

Use sparingly on perineal area and skin folds as protection.

Can be used to protect around stoma and intact skin around wounds, do not use on broken skin.

Contact us for further information

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