

# PROskin

## A preventative skin care routine supports good skin health

### BODY

#### TENA Shampoo and 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.<sup>1</sup>



In the shower



Twice Daily



Daily

Every pad change

### PERINEUM



Every pad change

#### 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 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.<sup>2</sup>

**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

#### 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.<sup>3</sup>



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The first incontinence range to be endorsed by the Skin Health Alliance



**References:** 1. Keryn Carville<sup>1</sup>, 2. Gavin Leslie, Rebecca Osseiran-Moisson, Nelly Newall & Gill Lewin. The effectiveness of a twice-daily skin moisturising regimen for reducing the incidence of skin tears International Wound Journal ISSN 1742-4801; 2014; DOI: 10.1111/iwj.12326. 2. Best Practice Principles. Moving prevention forward. Proceedings from the Global IAD Expert panel. Wounds international 2015. 3. P.A. Begg et al. Non-rinse skin cleansers: the way forward in preventing incontinence related moisture lesions? Journal of Wound Care Vol 25. No 5, May 2016, France & Germany.