

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.¹



In the shower



Twice Daily



Daily



Every pad change



Every pad change

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 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

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



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



References: 1. Keryn Carville¹, 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.