

# PRODUCTS AND SKINCARE GUIDE

Ask your GP for a referral to your local continence service as some products can be funded. If the DHB continence service can't provide enough, you may be able to use the Disability Allowance towards the costs. Call us on 0800 650 659 or email [info@continence.org.nz](mailto:info@continence.org.nz) and we can guide you through the application process.



## Waterproof and reusable

Waterproof and reusable products are designed to absorb and protect. They are suitable for light bladder leakage.



## Disposable

Disposable products are available in options from light to heavier leakage - check with your Continence Service to see which option would be best.

## Skincare

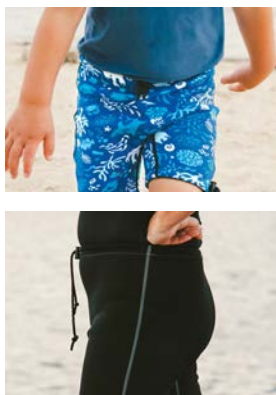
To keep skin healthy, it's important to keep it clean and dry. Use a soap-free cleanser or pH-balanced wash, then pat dry. Regular soaps can be very drying and make your skin less resistant to contact with urine. Also avoid moisturisers that contain alcohol, as these can be drying and may cause rashes.

Moistened cleansing wipes can be used when you're out and about to make cleaning skin simple and convenient.

Barrier creams can help protect skin that comes into regular contact with urine, however use them sparingly, as they can create a moist environment more conducive to infection, and can also interfere with the absorbency of incontinence pads.

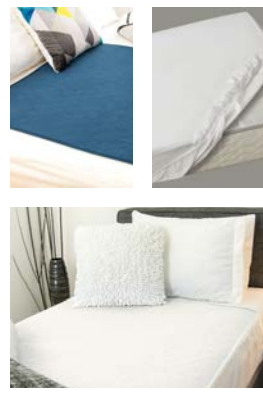
Don't forget to change incontinence pads regularly. Even though incontinence products are designed to absorb fluid, they will eventually become damp - failing to change them regularly means keeping skin in contact with urine for longer.

If skin has become damaged as a result of incontinence, it's important to identify the problem and treat it in the correct way. Consult a GP or healthcare provider for an accurate diagnosis and advice on the best treatment option.



## Swimming shorts

Reusable swim shorts are designed to contain bladder and bowel matter, to take the stress out of swimming.



## Bedding

There are various options available to manage incontinence overnight, and make life easier, such as washable bed pads with tuck ins for quick bed changes if required.

You can find more information on the products page on our website [www.continence.org.nz](http://www.continence.org.nz)

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