

by
clinell[®]

CONTIPLAN⁺[™]

All in One Barrier Cream
Applicator and Cleansing Cloths

Contiplan All in One Cleansing Cloths have a unique cream based formula, replacing traditional soap, water and barrier creams. Saves time and promotes healthy skin.



User information

What is incontinence?

Incontinence is the term that describes loss of bladder and bowel control. It's a common condition that ranges from 'a small leak' to complete loss of control.

Why is continence care so important?

Many people with incontinence will experience Incontinence-Associated Dermatitis (IAD). This is caused by prolonged exposure to urine and faeces which can cause damage to the skin, leading to inflammation and uncomfortable symptoms.

A skin care regime of cleansing, moisturising & protection from excess moisture is recommended to prevent extended contact with urine and faeces to reduce risk of IAD.

How can you prevent IAD?

- > **Regular skin inspection** to recognise signs of IAD.
- > **Address the cause** of incontinence or use effective containment products.
- > **Reduce moisture** by ensuring the body air dries after cleansing.
- > **Cleanse, moisturise and protect** after every episode of incontinence.
- > **Avoid using soap and water** which can disrupt skin pH balance and cause damage. Wash bowls can harbour microorganisms that could be transferred to skin by wash cloths or towels. Contiplan all in one cleansing, moisturising and barrier cloth is a safe alternative to this method.
- > **Medical advice** should be sought if symptoms of IAD are not improved with regular skin cleansing and protection.



What are the signs of IAD?

- > **Redness** ranging from light pink to dark red.
- > **Inflammation** of the skin, large or small areas.
- > **Warm and firm** patches of skin.
- > **Pain or tenderness** burning, itching & tingling.
- > **Broken skin** from inflammation.
- > **Maceration** from excess moisture.

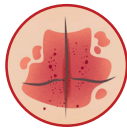
Three stages of IAD



1. mild



2. moderate



3. severe

What are the risk factors for IAD?

- > **Incontinence**
- > **Critical illness**
- > **Poor skin condition**
- > **Poor nutrition**
- > **Compromised mobility**
- > **Some medications**
(immunosuppressants and antibiotics)

7 in 1 Advantages



Barrier protection
Dimethicone and liquid paraffin to protect skin



Cleansing
Soap free formula



Moisturising
prevents dry skin and damage



Soothing
Non-woven cloth



Long lasting
Aid skin healing



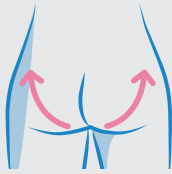
Hypoallergenic
With a neutral skin pH



Natural plant extracts
Camomile and witch hazel

How do I use Contiplan?

1



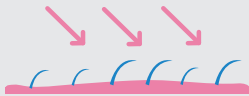
Wipe from front to back, towards the buttocks, in one direction.

2



Change wipe if it becomes dry or soiled & discard. Reapply after every episode of incontinence, day or night.

3



Allow the skin to air dry. Keep lid of pack closed when not in use. Store in a cool dry place.

4



Dispose in sanitary waste bins and general household waste bins. Not suitable for flushing or recycling.

Further information

To find out more about our products and services please visit:

www.contiplan.com.au

Or contact us:

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