

Helping You Prevent Skin Problems *While you are in the hospital*

This handout explains why your nurses will check your skin while you are in the hospital, and what you can do to help your skin stay healthy.

Healthy skin protects you from infection and helps keep you safe.

But, people can get skin damage while they are in the hospital. Sometimes this skin damage can occur in private areas. If you hurt in these areas, it might mean your skin needs help.

This is why we need to check all of your skin while you are in the hospital.

How will my care team help keep my skin healthy?

Your nurse or nurse assistant will check all of your skin to make sure it is healthy. This means we will check your skin:

- All over your body from time to time
- If you have pee or poop on your skin and we help you clean up
- When we help you turn in bed
- After you come back from surgery or a procedure, to make sure you do not have a bed sore

Your nurse or nurse assistant may also:

- Apply special cream to protect your skin
- Use a plastic squirt bottle (peri bottle) to rinse your skin
- Use a special product (Theraworx) on your skin to lower your risk of getting an infection from normal skin bacteria



Your nurses will check your skin to make sure it is healthy.

What should I do?

Your skin should look healthy all the time, even those areas you may not feel at ease talking about. To help us keep your skin healthy, please:

- Tell us if you prefer to have a family member present when we look at your skin
- Let your nurse or nurse assistant:
 - Carefully look at all of your skin
 - Provide treatment to keep your skin healthy and safe
- Tell your nurse or nurse assistant if you think you may have pee or poop on your skin
- Tell your care team if:
 - You have itchy, raw, or painful skin anywhere on your body
 - You have itching or pain around IV lines, tubing, or in private areas
 - It hurts to pee or poop, or to wipe
- Let your nurse look at all of your skin:
 - Before putting on adult diapers
 - During every nursing shift
 - If your adult diapers get soiled

When You Go Home

If you have diarrhea after you go home, use a cream with *dimethicone* to keep your skin in your private parts healthy. You can buy this cream at your local drugstore. Some brand names are Aveeno, Cetaphil, and Remedy.

Follow these steps after each time you pee or poop:

- **Always clean your skin before you apply the cream.**
- Use a clean cotton-tipped swab or a clean disposable glove to remove cream from the container. **This is an important step.** It will avoid contaminating the container and the rest of the cream.
- Apply the cream to your itchy, raw, or painful skin.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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