

## **BMDA Perineal Skin Care (Male)**

When your catheter is removed, you may have some incontinence (leakage of urine) until your pelvic muscle and sphincter regain strength. Skin care for the penis, scrotum, groin and perineum (the area between the scrotum and rectum) is very important. You must take care of your perineal skin until you no longer have incontinence.

### **How do I clean my skin?**

The perineum, penis, scrotum and groin areas should be gently cleaned with soap and water at least twice daily, ideally in the morning and before going to bed. You may use any mild soap or liquid hand soap available at your grocery or drug store. Put two to three drops of soap in a plastic spray bottle and fill the bottle with warm water. Be sure to rinse with water and dry all areas well after cleaning. This process removes irritants from the skin. Perfume and alcohol-free personal disposal wipes, such as "baby wipes", may be used instead of soap and water.

### **How do I moisturize and protect my skin?**

Follow each cleaning with an application of moisture barrier ointment to prevent the skin from drying and cracking. After moisturizing your skin, apply a water-insoluble ointment. (Check with your nurse for suggestions on specific creams and ointments.) Apply a thin layer of ointment so that the disposable incontinence pads or products do not absorb it. The ointment protects the skin from the irritants in urine and also promotes healing of damaged or broken skin.

### **How do I know if my skin is in good condition?**

Be sure to examine your skin carefully each time you wash or use creams or ointments. This will help you decide if the products you are using are keeping the skin in good condition. You may need to try more than one product to get the best results.

### **What types of absorbent products are available?**

Several brands of disposable, absorbent products are available to manage urinary leakage. They range from drip collectors and perineal shields or inserts to larger, diaper-type products. The products that you can use depend on what you like and the amount of leakage you are having.

# Patient Education



Male drip collectors are small pockets of absorbent padding with a waterproof backing that are held on the penis by close-fitting underwear. Drip collectors are used for small amounts of dripping or leakage.

Other products, such as absorbent pads or liners, are worn inside your undergarments. These may have a gel inside the pad that absorbs the urine. Some may have adhesive strips that can be attached to tight-fitting underwear. Products that can be held in place with straps that fit around the hips are also available.

Most of these products can be purchased in local medical supply stores and drug stores, pharmacies and through mail order catalogs. If you are not sure what to use, feel free to ask your doctor or nurse for advice.