



INCONTINENCE

Skin Care Tips

✓ Manage Your Incontinence Properly

✓ Only Use Incontinence Products Once

✓ Cleanse Your Skin Often

✓ Change Incontinence Products Often

✓ Dry Your Skin Completely

✓ Avoid Spicy Foods

✓ Use Ointment When Needed

✓ Visit Your Doctor

✓ Wear the Right Incontinence Products

✓ Have Conversations Early & Often