

ABENA®

Understanding IAD

(Incontinence Associated Dermatitis)

What is IAD?

Incontinence Associated Dermatitis (IAD) is a condition that occurs when the skin is damaged as a result of exposure to urine (with a high pH) and/or faeces (with faecal enzymes). To prevent IAD ensure you use breathable continence products, cleanse the skin with a pH neutral product, and moisturise or protect the skin.

A skin assessment should be conducted on each individual prior to using products.

How to Prevent IAD

1. Use breathable continence products
2. Follow a structured IAD Skin Care Regimen
3. Wash the skin without water
4. Conduct a skin assessment review for redness, inflammation, rash, pain, or itching
5. Avoid friction around the perineal skin
6. Choose products with a skin-neutral pH (± 5.0)

Ingredients

When looking for Skin Care that prevents IAD, these products should be gentle on the skin to reduce irritation. They should also offer moisture and barrier protection to help restore and protect the skin. Look out for products with the below ingredients:

Allantoin: promotes healthy skin stimulation

Glycerin: acts as a moisturiser

Zinc Oxide: has antiseptic properties, calms skin and creates a barrier

Examples of Breathable Continence Products

ABENA products are engineered for optimal breathability by combining air flow with a state-of-the-art top sheet and quick absorbing core made with air permeable materials. This enables an efficient spread of liquid away from the top surface of the product to maintain a healthy skin balance and prevent skin irritation.



Managing IAD Using ABENA Skincare

Our barrier creams contain moisturising ingredients and therefore you do not need to apply additional moisturiser.

Normal Skin

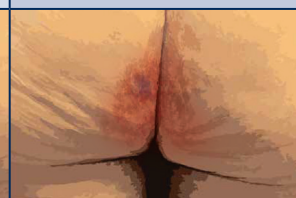
Healthy skin with no redness or irritation but prone to development of IAD.

First Signs of IAD

Erythema (redness) with or without oedema (swelling). Skin is still intact.

Mild Degree of IAD

Beginning breakdown and appearance of skin wounds
Erythema (redness) with or without oedema (swelling).



Wet Wipes

SA1999914164
SA1000006338A

Wash Gloves

SA540051

Gently cleanse and wipe from the front to the back.



Washing Lotion

SA6657A

Apply carefully and wipe excess lotion away with a soft wipe or wash glove.



Skin Care Lotion 14% Lipid

SA150268
SA1999905322A

Apply and distribute carefully.



Zinc Oxide 10% Spray-on

SA1999905321A

Shake well before use. Spray a thin layer from a distance of 5 to 10cm. Do not rub in.



Skin Care Ointment 41% Lipid

SA199990532301

Apply and distribute carefully in a thin layer.



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