



COLON AND RECTAL CENTER OF ARIZONA

Adrienne Forstner-Barthell, M.D. 18275 N 59th Ave Suite 146 Glendale, AZ 85308 Ph (602) 993-2622 Fax(602) 993-2922

www.crcaz.com

A member of Arizona Associated Surgeons

PERIANAL SKIN CARE

Perianal skin care must be done to protect the skin around the anus. After your stoma is closed, the stool passing from your anus contains digestive enzymes. The enzymes can be irritating to the skin if it is not kept clean and protected. This regimen is also appropriate for patients suffering from perianal irritation, rashes, or puritis ani.

Cleansing:

- Cleanse after each bowel movement or passing of mucous. Use a squirt bottle with warm water, shower, or sitz bath. You may gently cleanse with Balneol Lotion (available over the counter) and rinse lightly.
- Thoroughly pat the skin dry using good quality, no-scented toilet paper, or a soft disposable cloth such as a Handiwipe or Softnet.
- Do not use soap. Avoid scrubbing or scratching the skin.
- You may use “wet wipes” that have no alcohol for traveling or work.

Skin Protection

- Apply a moisture barrier ointment after cleansing to protect the skin from mucous and stool.
- Recommended products include; Calmoseptine ointment, Desitin ointment or zinc oxide. (available at local medical suppliers/pharmacies).
- You may need to wear a minipad or larger pad at bedtime if you experience nighttime incontinence.

IT IS IMPORTANT TO BE DILIGENT IN CARING FOR YOUR PERIANAL SKIN, AS IT IS DIFFICULT TO HEAL ONCE IT BECOMES IRRITATED.

IF YOU ARE HAVING CONTINUED LOOSE STOOLS OR MULTIPLE STOOLS, CALL THE OFFICE: (602) 993-2622.

Skin treatment for irritated perianal skin:

- Skin irritation can result from frequent stools, mechanical injury to the skin with vigorous cleansing, fungal infections on the skin, or sensitivity to products.
- **NOTIFY YOUR PHYSICIAN OR ENTEROSTOMAL THERAPY NURSE IF SKIN IRRITATION PERSISTS AFTER YOU HAVE TAKEN THE FOLLOWING STEPS:**
 - If you have frequent stools, it is important that you make the alterations in your diet or medications to decrease stool frequency (refer to diet instructions).
 - Increase the frequency of cleansing your perianal skin using running water. Pat or blow dry with a hair dryer on a cool setting if necessary.
 - Be sure you are applying the protective ointment properly and covering all areas of the perianal skin. You may need a stronger barrier, such as Calmoseptine.
 - Avoid nylon underwear or pantyhose until the irritation was healed. Wear cotton underwear.