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The primary aim of any incontinence product is to keep a person dry. Staying dry will also alleviate many of the skin conditions that accompany incontinence. There are a variety of undergarments that can be used to manage incontinence. Pads and protective undergarments are among the most accessible and cost-effective products. Undergarments may be disposable or cloth, come in the form of absorbent pads or pull on like underpants. Plastic mattress protectors are also a helpful product to have to make clean up easier and prevent odor.

It is important to make sure the undergarment is fitted properly to prevent leaking. If using adhesive pads, avoid touching the adhesive directly: hand lotions and deodorants can reduce adhesion. Usually it is preferable to purchase products that are not scented, as the perfume in them can irritate the skin and be more likely to cause rashes.

Skin Care

Incontinence is particularly hard on the skin. When skin continually exposed to dampness, or to the bacteria in feces, it can become irritated and result in rashes or ulcers. Often people who suffer from incontinence are less mobile, exacerbating the effect of dampness. Conversely, frequent washing can dry out the skin, also irritating it. However, in addition to incontinence products which prevent dampness, there are also a number of steps people can take to minimize damage caused to skin.

To avoid or reduce skin problems, follow these tips:

- Remove soiled clothing, undergarments and pads as soon as possible after an accident.
- Wash regularly with a cleansing product or unscented, vegetable- or glycerin-based soap.
- After washing, pat the area dry, but don't rub. A small hair-dryer may be used on a low setting to ensure that the area is dry.
- Use a fragrance-free lotion to moisturize skin.
- Use a skin barrier cream that acts like a shield to protect the skin from dampness.
- Avoid using baby wipes, as they contain alcohol, which can dry out and irritate the skin.

Vaginal Devices for Stress Incontinence

Pessary — Used to prevent stress incontinence, a pessary is a stiff ring that is inserted into the vagina to cause pressure

Incontinence and proper hygiene

Good hygiene can minimize the harmful effects of incontinence on skin. The following are simple steps that can be taken to prevent ulcers or rashes.

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against the wall of the vagina and urethra. The pressure helps reposition the urethra, preventing seepage. Pessaries last about a year and must be fitted by a physician. One of the potential side effects of a pessary is urinary tract infections, so a physician should be consulted regularly.

Vaginal Weights — vaginal weights come in a variety of weights and sizes. They are inserted into the vagina, usually over a cone. The weights help isolate the pelvic floor muscles while doing Kegel exercises to ensure that the right muscles are being used. Strengthening these muscles helps to prevent stress incontinence.

Urinary Incontinence Products for Men

There are some products that have been designed specifically for men with incontinence.

Urine drip collectors are super-absorbent disposable pads that, when slipped over the penis, function much like a condom or a glove to prevent leakage.

Incontinence penile clamps, while they sound painful, are actually made of soft foam and encase the penis, putting pressure on the urethra to stop urine flow without stopping blood flow. In order to empty the bladder, they need to be removed.