

How to take good care of your skin

If you have a condition that makes it likely that moisture may be sitting on your skin you could be at risk of moisture-associated skin damage (MASD). For example, you may have a leg ulcer that is producing a lot of wound fluid (exudate), or you may have incontinence that results in urine being in prolonged contact with your skin which can result in a type of MASD known as incontinence-associated dermatitis (IAD)*. MASD can be very painful and if left untreated, can eventually cause intact skin to break down and develop into a wound. If you are at risk, it is important to think ahead to try to prevent it from occurring.



The skin cleanser has two modes – one dispenses a foam which helps break down any hard to remove debris and the spray cleanses the area thoroughly.

What is a skin protectant and why should I use one?

The skin protectant is applied to the skin after cleansing and forms a barrier between the moisture and the skin, which helps prevent and temporarily protects chafed, chapped and cracked skin³⁻⁷. When used together the products are safe and effective for the management of IAD^{4,5,7}.

What is a skin cleanser and why should I use one?

If you are suffering from, or at risk of, IAD, then it is important to remove the cause as soon as possible¹. This is most commonly done with a standard soap, water and a washcloth. However, standard soap is alkaline and has been shown to change the skin pH, potentially causing damage to the skin. PROSHIELD[®] Foam and Spray Skin Cleanser is specially designed to be used in place of soap and water and is pH balanced to prevent and manage IAD²⁻⁵.

1. Young T. Wounds UK. 2017;13(2):56-65
2. Smith & Nephew 2019. RD/19/024.
3. Wall L, Vernon T. Launch of a Skin Care Regime to Reduce Incidence of Moisture Associated Skin Damage. Paper presented at: Tissue Viability Conference; 2016; Cardiff, UK.
4. Ling L. Proshield skin care protective system: A sequence of evaluations Paper presented at: Wounds UK; 2011; Harrogate, UK.
5. Flynn D, Williams S. Nursing & Residential Care. 2011;13(11):553-8.
6. Maxwell J, Sinclair D. Treatment of Moisture Lesions in Children. Paper presented at: European Wound Management Association 2012; Vienna, Austria.
7. Meuleneire F. A New Solution in the Treatment of Moisture Lesions. Paper presented at: 13th Annual European Pressure Ulcer Advisory Panel Meeting; 2010; Birmingham, United Kingdom

*The PROSHIELD[®] Skin Care range is indicated for intact and injured skin associated with incontinence.



How to use PROSHIELD^o Foam and Spray Skin Cleanser

The skin cleanser has two modes. The first is **foam** (figure 1) and the second is **spray** (figure 2). Both settings are controlled by using the nozzle.



Figure 1

Use the **foam** mode for stubborn, hard to remove debris.

Step 1 – Prime sprayer by squeezing the pump once or twice before initial use

Step 2 – Activate the foam mode by turning the nozzle to ‘ON’ and pull the tip forward

Step 3 – Spray directly onto the affected area and wipe off.



Figure 2

Use the **spray** mode to thoroughly clean the area.

Step 1 – Prime sprayer by squeezing the pump once or twice before initial use

Step 2 – Activate the spray mode by turning the nozzle to ‘ON’ (do not pull out the tip)

Step 3 – Pull the lever in firmly and spray directly onto the affected area

Step 4 – Gently wipe clean and pat dry the area (no rinsing is required).

How to use PROSHIELD^o PLUS Skin Protectant

PROSHIELD^o PLUS Skin Protectant is a smooth, fragrance free, moisture barrier^{1,2} (figure 3) for use on **injured** or **intact** skin.

Application on injured skin

Step 1 – Thoroughly cleanse the entire skin area with a suitable cleanser

Step 2 – Wash or cleanse hands, remove ointment from tube and apply a liberal, thick coating

Step 3 – There is no need to rub in as this may cause friction

The skin protectant cream is transparent but will leave a visible sheen on the surface of the skin*³.



Figure 3

Application on intact skin

Step 1 – Thoroughly cleanse the entire skin area with a suitable cleanser

Step 2 – Wash or cleanse hands, remove ointment from tube and apply. A thin layer is enough for prevention and protection

Removal

Step 1 – to remove simply spray the skin cleanser foam and spray directly onto the affected area

Step 2 – gently wipe clean and pat dry.

* as demonstrated in vitro

1. Smith & Nephew 2019. Review of Certificate of Analysis for PROSHIELD Plus Skin Protectant. RD.19.016.

2. Smith & Nephew 2019. Verification Report for the Viscosity of PROSHIELD Plus Skin Protectant. U/064/R3.

3. Smith & Nephew 2019. Verification Testing Report of Usability and Transparency for PROSHIELD Plus Skin Protectant. U/064/R1.

How often should I use PROSHIELD[°] Foam and Spray Skin Cleanser and PROSHIELD[°] PLUS Skin Protectant?

Cleansing and reapplication of PROSHIELD[°] PLUS Skin Protectant should be repeated as often as necessary and in line with the advice given by your healthcare professional. For IAD, best practice recommends thorough cleansing and reapplication to be carried out every time moisture comes into contact with the skin. The skin should be checked regularly and reapplied if PROSHIELD[°] PLUS Skin Protectant is no longer visible on the surface of the skin.

Are the products safe to use and effective?

Both products are safe and effective for the management of moisture-related skin damage¹⁻³. The products are free from Parabens, Petrolatum, latex, mineral oil, lanolin and alcohol, all of which are common ingredients that are known to cause skin problems.

Can PROSHIELD[°] PLUS Skin Protectant be used on wet and dry skin?

Yes. PROSHIELD[°] PLUS Skin Protectant has a special 'tacky consistency' that adheres well to wet and dry skin^{*4,5}.

Can the PROSHIELD[°] Skin Care Range be used on injured skin?

Yes, both products can be used on injured skin. Ask your healthcare professional for advice when using PROSHIELD[°] PLUS Skin Protectant on injured skin, as the method of application is different.

* as demonstrated in vitro

1. Ling L. Proshield skin care protective system: A sequence of evaluations. Paper presented at: Wounds UK; 2011; Harrogate, UK.
2. Maxwell J, Sinclair D. Treatment of Moisture Lesions in Children. Paper presented at: European Wound Management Association 2012; Vienna, Austria.
3. Meuleneire F. A New Solution in the Treatment of Moisture Lesions. Paper presented at: 13th Annual European Pressure Ulcer Advisory Panel Meeting; 2010; Birmingham, United Kingdom
4. Howers L. Evaluation of Proshield Plus in Nursing Homes for Inclusion onto Formulary in a Healthcare Trust. Paper presented at: Wounds UK; 2012; Harrogate, United Kingdom.
5. Smith & Nephew 2019. Verification Testing Report of Usability and Transparency for PROSHIELD Plus Skin Protectant. U/064/R1.

For detailed product information, including indications for use, contraindications, precautions and warnings, please consult the product's applicable Instructions for Use (IFU) prior to use.

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Please contact our friendly customer care team on: **0800 195 0160**