



# Save Your Skin:

*Superabsorbent Solutions for  
Managing & Preventing  
Incontinence-Related Skin Issues*

Provided by





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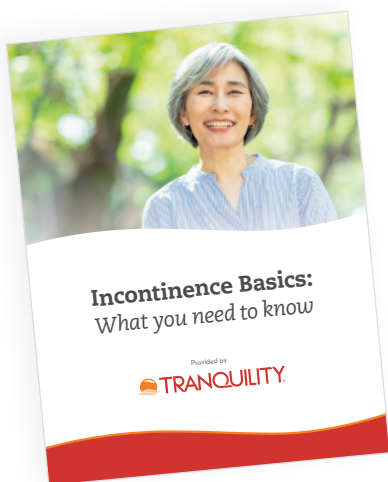
*Part 1:*



# **Incontinence and Skin Health**

# Welcome!

Tranquility® Incontinence Products is proud to provide this resource to help spread awareness about potentially harmful, moisture-related skin conditions, and to recommend innovative superabsorbent products that can help to prevent them from happening.



This is the second volume in the Tranquility eBook series on incontinence management. To request a copy of our first edition, “Incontinence Basics: *What You Need to Know*,” please visit our eBook resource page at [www.TranquilityProducts.com/eBook](http://www.TranquilityProducts.com/eBook).

# Who should read this eBook?

Incontinence is a common condition that affects **over 46 million** Americans – that’s one in six U.S. adults! For those managing heavy to severe forms of incontinence, moisture left on their skin for too long can lead to itchy and annoying rashes, painful sores and dangerous infections.

Whether you experience these conditions yourself, provide personal or professional care for someone in this situation, or supply medical products and services to those with incontinence, this eBook is designed to inform you about better absorbent product solutions to help manage and prevent skin issues.



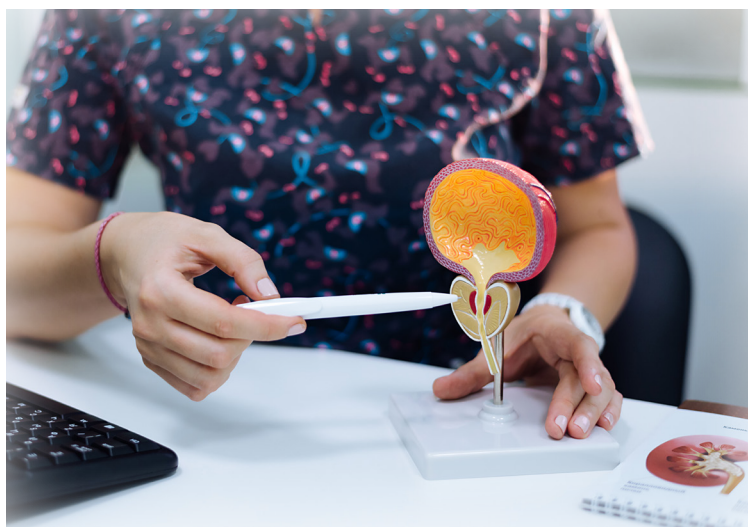
“Tranquility products have always kept our daughter’s skin healthy, with no rashes or breakdown. They are a blessing to us.”

*Heather,* MOTHER, OHIO

# What is incontinence?

Incontinence is the involuntary loss of urine or stool. While incontinence is not a disease itself, it is most commonly a symptom or side-effect of another issue affecting the body, including:

- **Disease**
- **Medical condition**
- **Accident**
- **Surgery**
- **Physical change**
- **Mental trauma**
- **Neurological disorder**

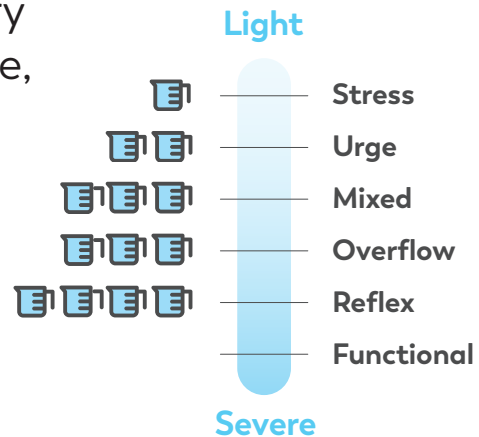


# Types of incontinence

Individuals may experience urinary or fecal (loss of stool) incontinence, or a mixture of both.

Urinary incontinence is typically grouped into six types:

- 1. Stress:** Unexpected leakage when coughing, sneezing, exercising, lifting objects or laughing.
- 2. Urge:** Sudden need to urinate that is so strong it cannot be stopped. Also known as overactive bladder (OAB).
- 3. Mixed:** A combination of Stress and Urge.
- 4. Overflow:** The bladder overfills, forcing urine to leak out – even if the individual feels as though they cannot completely empty their bladder.
- 5. Reflex:** Bladder muscle contractions cause urine to leak out without any warning or urge to go.
- 6. Functional:** When an individual cannot get to the bathroom fast enough or cannot recognize the need to go to the bathroom due to impairment.



Read our comprehensive incontinence guide at [TranquilityProducts.com/Incontinence-Guide](https://TranquilityProducts.com/Incontinence-Guide)

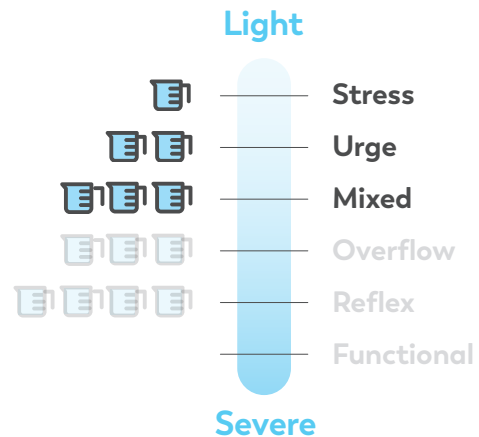
READ MORE



# Severity of incontinence

## Light to Moderate

The average adult void (the act of urinating) produces 8-12 oz of fluid. Depending on the type of urinary incontinence an individual has, they may or may not release a full void on a regular basis.



Typically, someone with stress, urge or mixed incontinence will have at least some ability to halt an accidental void, resulting in a light to moderate loss of urine. Lower-absorbency products like personal care pads, fluff-padding protective underwear or washable absorbent cloth briefs, readily found in chain retail stores or pharmacies, will usually meet these needs.

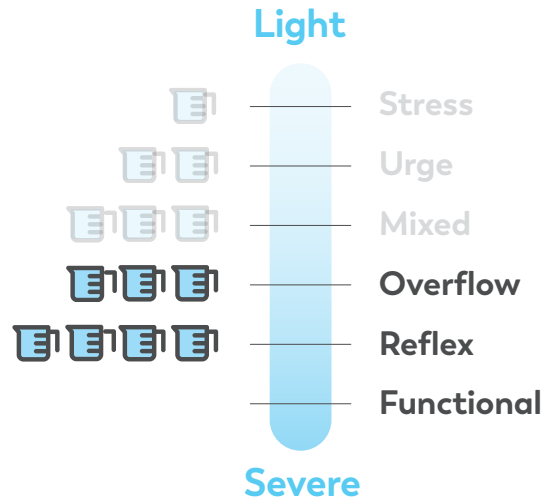


## Continued: Severity of incontinence

### Heavy to Severe

While people who experience light to moderate incontinence may need to control smaller amounts of bladder loss, those managing overflow, reflex or functional incontinence may not be able to recognize that a void is taking place, producing a full release of urine. These heavy to severe incontinence episodes require higher-capacity, higher-quality incontinence product protection.

This individual or their caregiver may need to contact a special medical product supplier known as a DME (durable medical equipment) or HME (home medical equipment) store to find these items. DMEs/HMEs may exist as a brick-and-mortar shop with in-store pickup or can be found online and offer convenient home delivery. Some stores offer automated order refills for your convenience.





## Incontinence-related skin damage

You know how your hands “prune” when you’re in the pool or tub for a long time? They become wrinkled, feel rough and look strange. Fortunately, after you dry them off, your hands will return to normal in just a few minutes.

However, for people who experience heavy to severe incontinence, the exposure of their skin to wetness and moisture from urine can be very harmful and cause long-lasting, significant skin conditions like severe rashes, sores and wounds. This can further lead to growth of bacteria and potentially serious infection (such as urinary tract infections).

In fact, one study of thousands of incontinent residents in nursing homes found that **skin breakdown** could be seen **after just 15 minutes** of exposure to moisture!

## *Continued:* **Incontinence-related skin damage**

Imagine the devastating harm that can occur for someone experiencing heavy to severe incontinence, if they or their caregiver are unaware that the skin beneath their absorbent product remains constantly wet throughout the day or night.

Skin breakdown and wounds not only cause great pain and discomfort to the wearer, but also emotional distress to the caregiver and significant expenses for treatment.

We'll talk more about potential incontinence-related skin damage in the next section.





# Many Product Options to Meet Your Needs

The average wearer tries seven different incontinence products before finding the right one. With a wide variety of styles, sizes and protection levels to choose from, plus free samples that are easy to request, Tranquility® will help you **find the product that's perfect for your needs**, in no time!

● ● ● ● ● [REQUEST FREE SAMPLES](#) ● ● ● ● ●



*Part 2:*



# **Diving Deeper into Skin Health**

# Different types of skin issues

As mentioned in Part 1, moisture that's allowed to remain on the skin after an episode of incontinence can quickly begin to damage skin.

The ideal treatment for this is to prevent any moisture buildup from occurring in the first place. This can be achieved by choosing absorbent products that quickly wick liquid away from the skin, then lock it in so it can't leak back out onto the skin.

This section will look at some potential skin conditions that can occur when products fail to keep the skin dry and healthy; or if the skin has extended exposure to solid or liquid stool, for those who experience fecal incontinence.

Skin conditions discussed include:

- **MASD** (Moisture-Associated Skin Damage)
- **IAD** (Incontinence-Associated Dermatitis)
- **UTI** (Urinary Tract Infections)
- **Pressure Injuries and Bed Sores**

## *Continued:* **Different types of skin issues**

### **MASD**

Moisture-Associated Skin Damage is a skin condition that occurs when the skin is continuously exposed to moisture such as urine, stool, perspiration or saliva. MASD can feel at first like a very intense sunburn, which can develop into skin inflammation and deterioration, and eventually infection of the area affected.

### **IAD**

Incontinence-Associated Dermatitis is a type of skin damage that occurs when skin is exposed to urine or stool for extended periods of time. This condition is also called perineal dermatitis or diaper rash. IAD has symptoms including redness, swelling, inflammation, blisters and infection of the skin. IAD is common in the rectal area, upper thighs and buttocks.

### **UTI**

A urinary tract infection is not a skin issue in itself, but can be the result of poor skin management related to incontinence. This type of infection can occur in any part of the urinary tract and can be contracted either from bacteria or virally. Common symptoms of UTIs include a need to urinate more frequently, strong urgency to urinate, a burning sensation during urination, fever, chills and discomfort in the bladder and pelvic regions.

## *Continued:* **Different types of skin issues**

For individuals who experience bowel incontinence, a common cause of UTIs is the presence of E. coli bacteria in the urinary tract. This is often the result of an incontinence product's failure to absorb and contain liquid stool, which can then re-enter the body through an individual's urinary tract. For this reason, UTIs are more common among women than men.





## *Continued:* **Different types of skin issues**

### **Pressure Injuries and Bed Sores**

Pressure injuries are often referred to as pressure ulcers or bed sores. They most commonly occur when pressure is applied to an area of skin for an extended period of time – for instance, the buttocks area for someone who must remain seated in a wheelchair for long periods of time.

- A minor pressure ulcer can result in skin irritation, reddening and a feeling of warmth in the infected area.
- A more severe pressure injury can result in internal infections and cause skin to begin to break down and deteriorate.
- The most severe pressure injuries can cause open wounds that tunnel down into the muscle layer or even to the bone.

When the skin in an area susceptible to pressure injuries is exposed to unchecked moisture, it can break down even more quickly. The best prevention against pressure injuries is to frequently check skin for wetness and change incontinence products, if needed; using high-quality, superabsorbent products; and regularly shifting the individual's position, if they are unable to do so for themselves.

# Skin health and plus-sized individuals

People of larger body stature are not only more likely to experience incontinence, they are also at higher risk to develop moisture-related skin issues. This is due to several factors:

- Obesity can increase urine production. This results in larger voids that may not be fully absorbed by an incontinence product, causing leaks and leaving skin exposed to excess moisture.
- Overweight individuals may have limited mobility that makes it more difficult to fully clean themselves in intimate areas.
- They may also experience skin issues not related to incontinence, such as excess perspiration between skin folds, causing harmful bacterial growth, dermatitis, rash and skin breakdown.



See page 27 for a skin-saving solution called **Tranquility ThinLiner Moisture Management® Sheets**

Overweight individuals should consider using bariatric products that are sized correctly for their specific needs, with extra material and stretchy elastics to provide proper coverage and peace of mind.



The protection  
you deserve.

The fit you've  
been waiting for.

## Tranquility® 3XL Underwear

Available in 2 protection levels

The best incontinence protection starts with the best fit.

Our new 3XL protective underwear have been re-designed with new features to maximize your comfort:

- **Wider waistband** to comfortably fit up to 95".
- **Longer side seams** for a fuller fit and enhanced comfort.
- **Higher rise in the waist** for added peace of mind and coverage.





## **Skin health and youth**

A child or young person with complex healthcare needs is more likely to experience incontinence-related skin issues than their peers. They may be more prone to large, uncontrolled voids, and may lack the sensation to change or tell someone they are wet and in need of a fresh incontinence product.

These individuals also could be wearing a product that's not designed for their needs. Many parents and caregivers are unaware that specialty youth-sized absorbent products are available to bridge the gap between baby diapers or toddler pull-ons and adult products. These youth products have a higher absorbent capacity, innovative materials that quickly wick moisture away from skin, and other advanced features to create a healthier environment for skin. They typically also feature a wetness indicator to help caregivers know when the product needs to be changed.

**Breathe easy ...**  
knowing her  
skin is extra dry  
and healthy!



**NEW!**

## Tranquility® Premium OverNight™ Underwear



Now made with **100% breathable materials\***, to keep your loved one comfortable, dry and odor-free with all-night absorbency and leakage protection!



*In a range of sizes, including Youth L/XL*

 **TRANQUILITY®**

# Talking to your doctor about incontinence

The average person waits four years before speaking with a healthcare professional about their bladder or bowel issues. But the fact is – this is a necessary, important next step to living better!

You may wish to start by talking with your primary care physician, who can then refer you to a urologist.

**Here are some questions you may wish to ask during your appointment:**

- What treatment options are available?
- What kind of tests do I need to take?
- Can medication help?  
Can it cause or worsen incontinence?
- Is surgery an option?  
What are the risks and benefits?



*Part 3:*



**Managing  
Incontinence-  
Related  
Skin Issues**

# What to look for in a skin-friendly absorbent product

As detailed throughout this eBook, individuals with incontinence are at risk of developing skin issues. The main culprits in causing this damage are skin exposure to urine and loose stool that goes undetected for an extended period. Fortunately, many advances have been made in the design of absorbent briefs, pull-on underwear, pads and other products to help fight wetness and give your skin a better chance to remain dry and healthy.

Here are a few product features to look for in a skin-friendly absorbent product.



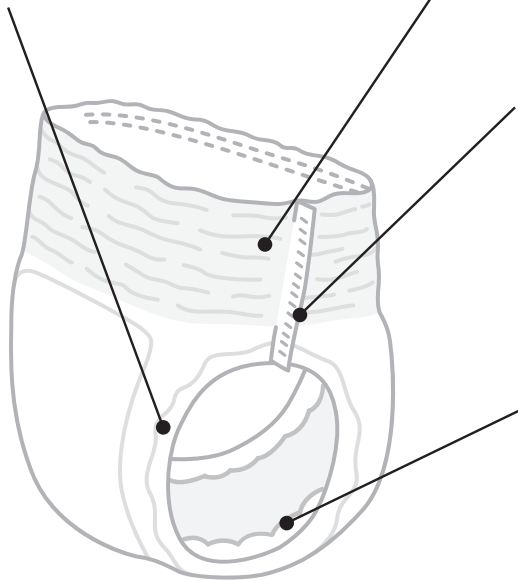
A **wetness indicator** helps you or your caregiver know when the product has exceeded its stated capacity and will no longer perform as expected. This most often is designed as a line or image that appears, disappears or changes color, indicating when it's time to change the product.



## Continued: What to look for in a skin-friendly absorbent product

Here are several product features that should be considered to help you get the best fit and best performance out of your product.

**Elastic leg cuffs** help create a secure fit around the leg holes and also hold the most absorbent inner surfaces of the product more tightly against the skin to aid in absorption.



Similarly, **stretchy side panels** allow a more contoured and customized fit to hold the product's target absorption zones snug to the body.

**Tear-away sides** allow the product to be removed with less mess and allow more hygienic, skin-friendly cleanup, especially for those who must be changed while lying in bed.

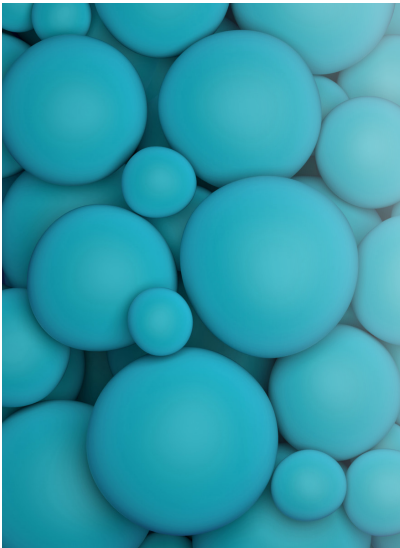
Finally, Tranquility products offer a unique feature called **Kufguards**<sup>®</sup> that line the center of the product and act like guardrails, guiding urine and loose stool to the core where it can be quickly absorbed and locked up.

In addition to innovative product features, sizing is also very important. Making sure the product you choose is in the right size not only provides the best fit for your comfort, it's also essential to preventing leaks and helping the product better absorb fluid, to keep skin dry.

# The superabsorbent product difference

The first thing many people look for when choosing an incontinence product is absorbency. And while a product's absorbent capacity (or how much total fluid it can absorb) is very important, when looking for a product that provides excellent skin protection, perhaps the most important factor is a product's ability to **RETAIN** fluid.

This is where superabsorbent products come in.



Products with a superabsorbent core are designed to lock in fluid and keep it from dripping back out onto the skin, even if pressure is applied. They can do this because the core contains “super absorbent polymers,” or “SAP.” SAP are tiny materials, typically beads or balls, that can absorb and lock in many times their own weight in fluid.

On the other hand, products made with a fluffy pulp material are not as good at retaining fluid, so they are more likely to leak when pressure is applied to the core.

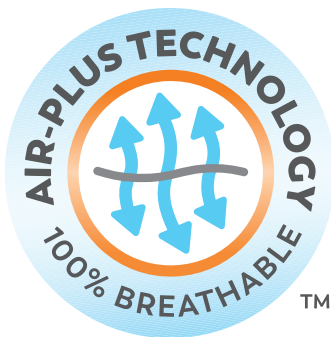
# Breathable products

As we have discussed throughout this eBook, keeping skin dry is the key to good skin health. Using a product with a core that locks in fluid is one way to help keep skin dry. Another important product feature is breathability.

Breathable materials have microscopic holes that allow air to circulate around the body, promoting skin integrity. Some products have “breathable sides,” allowing greater airflow around the leg holes, while other products are “100% breathable.”

For Tranquility products, 100% breathability means the standard film backsheet is replaced with a breathable film, which is a barrier to liquid but allows moisture vapor to flow through. This provides:

- Improved environment for healthy skin
- Enhanced coolness and comfort
- Odor control
- Uninterrupted sleep



Tranquility Air-Plus Technology is 100% breathability combined with a superabsorbent core, which supports an ideal microclimate that neutralizes pH, keeps skin dry and traps odor.



# Protect skin all over the body, with Tranquility® ThinLiner Moisture Management® Sheets



Item	Length/Width	Absorbency*
3190	6" x 10"	6 oz/177 mL
3191	6" x 14"	8.5 oz/251 mL

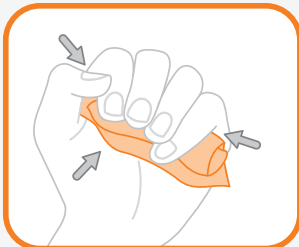
\*Moisture absorbency; not capacity under pressure.

100%  
Breathable

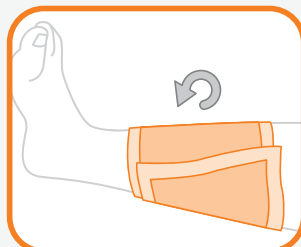
Clothlike

Latex-Free

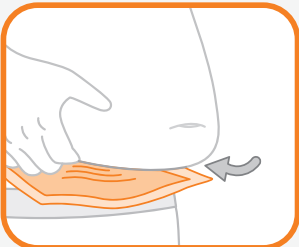
## ALL-PURPOSE MOISTURE MANAGEMENT SOLUTION



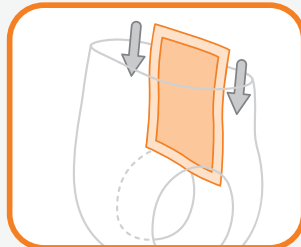
Relieves tightened digits



Collects wound exudate



Wicks away moisture



Absorbs loose stool\*\*

\*\* ThinLiner Sheets should always be placed inside another disposable incontinence product that has a moisture-proof backing. **Do not use with regular underwear.**

## Did You Know?

ThinLiner Moisture Management Sheets offer multiple applications and uses. They are ideal for tucking, folding and wrapping in or around skin folds, the groin area, under breasts – wherever light-to-moderate moisture is present.



ThinLiner Sheets can be folded to fit various sizes and applications, but should never be cut.

# Helpful tips for improving skin health

In addition to selecting superabsorbent, breathable products to help keep skin dry, you can use supplementary incontinence care products to add absorptive capacity and wick away persistent moisture.



**Booster Pads** are worn inside disposable products to add absorptive capacity, for longer wear time without fluid leaking onto the skin. Boosters allow fluid to release through to the garment beneath it, so they should never be worn in regular underwear.

**Underpads:** A last line of defense against leaks, these large pads wick fluid away from the skin, if accidents do occur, while also protecting beds, furniture, wheelchairs and other surfaces.



## Tip: “Double Diapering” is Dangerous to Skin

Wearing two waterproof incontinence garments (briefs, pull-ons, liners or personal care pads) on top of one another does not double the absorptency and protection of these products. **In fact, “double diapering” causes leaks, traps harmful heat and moisture against the skin, and costs you twice as much!**

As noted above, use **booster pads** instead; these products **are designed to be placed inside another disposable product.**



## Why Tranquility for maximum skin protection?



### Real Life Protection Guarantee

Tranquility products will absorb and contain their stated fluid capacity, no matter how much pressure is applied to the product. Whether you're sleeping, sitting or on-the-move, you can rely on our clinically-proven design to protect your skin from excess moisture, so you can live freely and confidently with fewer worries.

Tranquility product cores are made with high-quality SAP (super absorbent polymers) in an ideal quantity, strategically placed to provide superior absorbency and retention.

## Contact Tranquility for FREE product Samples!



Call **1-866-865-6101**



Email **CustomerService@pbenet.com**



Visit **TranquilityProducts.com/sample**

