

# Simple Hygiene Routine

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## 1 Choose the right product:

TENA Wet Wipes are pre-moistened and you don't need to rinse after cleansing.

## 2 Choose the right temperature:

Some products can be warmed up in the microwave depending on your loved one's preferences. Make sure you read the instructions on warming up the product.

## 3 Wash the face and upper body

- Start with the face and neck.
- Always avoid the eyes and the sensitive skin around the eyes.
- Wash entire upper right side of the body. Then, wash entire upper left side using the other side of the wet wipe or a new one as needed.
- TIP: Pay particular attention to skin folds.

## 4

### Wash lower body

- Wash lower right side of the body.
- Then, wash the left side of the lower body using the other side of the wet wipe or a new one as needed.
- Always start with the thighs and work down to the feet.

## 5

### Wash back and intimate region

- Help your relative turn onto his or her side. Then, you can comfortably wash his or her back.
- When cleansing the intimate regions, you should wash the front intimate area first. Always wash from front to back.
- Finish with the rear intimate region.
- TIP: After the body cleansing, it's important to dry the skinfolds.

## Other Helpful Tips:

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- Keep the skin clean and dry, especially when changing used incontinence products. Wash between their legs, at least twice daily, with warm water and a gentle soap-free cleanser like TENA Wet Wipe.
- Excessive use of water can cause skin to become too dry. To reduce risks, try to combine traditional cleansing with solutions which don't need water. For example, TENA 3-in-1 products are specially designed to cleanse, restore and protect even the most delicate skin without using water.
- Keep your loved one's skin moisturized, use creams and oils on dry patches or all over their body.
- Instead of cleansing your loved one's delicate skin with a traditional sponge or wash cloth – both of which are too rough for sensitive skin – use wet wipes like those in the TENA range. Their extra-soft material make them ideal for elderly skin care.
- Don't use products with alcohol or disinfectant directly on your loved one's skin. Doing so can dry it too much, causing soreness, skin breakdown and allergic rashes.
- Clean or freshen her/him up with wet wipes, like TENA Wet Wipe. They're pre-moistened to cleanse, restore and protect in one simple step, and no water is needed. You can use them for frequent perineal skin care and for full-body cleansing.
- And last but not least: you might have heard that it's good to use baby products on all sensitive skin. But it's actually better to use products that are specifically formulated for elderly skin, which has very different requirements from infant skin. To read more about these specially formulated products, visit our TENA skin care page.