

## **INSTRUCTIONS FOR ANAL SKIN MANAGEMENT**

### **Colorectal Surgery Services**

Caring for the skin after surgery or after visiting your doctor or nurse is a key part of your care. It is important not to damage the skin more. Repeated trauma causes the symptoms to continue. It is important to follow the instructions until your nurse or doctor tells you to stop.

Follow the checked instructions below:

- No scratching or rubbing the anal area. Avoid excessive cleaning when bathing. This can cause the symptoms to actually worsen over time.
- Take showers if possible instead of baths. A handheld showerhead helps. Use no soaps, bath oils or other cleansers on the anal skin. Use your hand & avoid using a wash cloth on the area. Pat the area dry after showers / baths.
- If you must use bar soap, use Dove™ sensitive bar soap.
- Use a hair dryer on the coolest setting to dry the anal skin as an option
- Put A & D™ or Destin™ on the area three times a day, after showers & after stools.
- Put plain petroleum jelly on the area three times a day, after showers & after stools.
- During the day use a bit (¼) of a cotton ball against the anus & Maxipad™. This keeps moisture away.
- Dust the bit of a cotton ball and / or Maxi pad™ with cornstarch. Baby Goldbond™ powder works well.
- Use baby wipes or plain lotion on toilet paper after passing a stool or to cleaning up. It is convenient to keep baby wipes near the toilet or in a sandwich bag in your pocket.

Remember to follow the instructions given to you and see your physician or nurse as scheduled. These written instructions **do not** replace a discussion with your physician or nurse. They may give you other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis or treatment plan.