



Wicking is a very simple and easy treatment for the embarrassing odor and stains caused by bowel incontinence. The only supply you need for wicking is cotton. Long pieces of cotton can be found at hair salon supply stores, like Sally's Beauty Supply, but you may also use a cotton ball. If you use a cotton ball, pull the ball into a string that looks like a wick from a candle. The long pieces of cotton are already in the shape we recommend: a wick. Put this 'wick' in between your butt cheeks, rested directly on your anus. Your healthcare provider can demonstrate how to form a wick and how to place the wick if needed.



It is very important to perform proper skin washing before and after wicking. If you do not clean yourself between wicks, the skin around your anus can become red, irritated, and itchy.

Follow these steps to wash your skin properly:

1. Clean the anal area with water and mild soap.
2. Pat the skin with a wash cloth to remove excess water; do not rub.
3. Let the area air dry as much as possible.
4. **Do not** throw the cotton in the toilet, throw it in the trash.

If your skin does become red or irritated, you can apply zinc oxide cream to the area. It will act as a barrier to protect the skin from further irritation. You can find generic brands of Zinc oxide in any local grocery store. It is also the active ingredient in creams such as Desitin® baby ointment.

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