Anal-Rectal Skin Care
Post-Operative Instructions

What is anal-rectal (perineal) skin care?
Fecal material contains digestive enzymes (acids) and can easily breakdown the skin in the perineal area (diaper area). To avoid a severe diaper rash you must promptly clean your child after each bowel movement. Rash prevention is the goal.

How to care for anal-rectal skin?
- Clean area of any fecal material (stool) after each bowel movement.
- Clean area with soap and water. (no not use diaper wipes)
- Rinse well and pat dry. Rubbing will irritate the skin more.
- Apply a layer of ointment around the anal opening.
- Find times to leave your child without diapers on an old blanket or disposable material so that the perineal area can get dried out and accelerate the healing

What products can be used for preventative care?
We recommend the products below to prevent dryness and provide protection for perineal skin.
- Desitin®
- A & D Ointment
- Sensi Care®
- Calmoseptine®
- Hydraguard®
- Cavilon® Skin Prep
Pat off with warm, moist wash cloth, used as a compress, then re-apply. You do not need to remove all of the ointment.

**How will I manage skin breakdowns if they occur?**

We recommend the products below to use if skin breakdown occurs.

- Ilex® - Use Ilex® as a base. Cover it with Vaseline, other ointment or powder. Apply Vaseline with each diaper change, leaving the Ilex® intact. Wash off and re-apply Ilex® 2-3 times a day. You do not need to remove all of the ointment with each cleaning.

- Z-Guard® Skin Protectant – Use as directed

- Marathon® Liquid Skin Protectant (lasts 3 days then re-apply) – Use as directed

- Cavilon® No Sting Barrier Film – Use as directed

- Stomahesive® Powder - Use as directed

**What are some additional skin-care treatments I could use?**

- Soaking in warm bath water
- Leaving buttocks open to air whenever possible

**When should I call the doctor?**

Call us if you have any of the following signs or symptoms:

- Possible yeast infection or rash. Red rash may indicate fungal infection and will require a prescription for treatment.
- If skin breakdown in not improving with prescribed treatment.
What is the contact information?

If you have any question, problems or concerns call the Pediatric Surgery clinic from 8-5:00pm Monday thru Friday, 734-764-4151. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Pediatric Surgeon “on call”.

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