



WICKING

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 but you may also use a cotton ball. If you use a cotton ball, pull the ball into a string. The cotton ball should look 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. Clean the anal area with water and mild soap. Pat the skin with a wash cloth to remove excess water; do not rub. Let the area air dry as much as possible. If your skin does become red or irritated, zinc oxide cream may be used as a barrier to protect the skin from further irritation. Zinc oxide is the active ingredient in creams like Desitin baby ointment, but can also be found at any local grocery store as a generic brand.