



# Anal-Rectal Skin Care Post-Operative Instructions

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## **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 is 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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