



Product  
assortment  
overview

# Prevention

Because every skin  
has its own story



TENA® Skincare  
*Together we make a difference*

# Wellbeing

## Fragile, elderly skin deserves special care

### The skin is a vital organ protecting us from injury and infection

As the skin ages, however, it becomes more fragile, injuries may increase and healing slows down.

The skin of elderly residents is vulnerable to a variety of threats, including incontinence associated dermatitis and infection. *Frequent cleansing with soap and water, as well as incontinence can disrupt the skin's integrity reducing its ability to prevent infection.*

Furthermore, the breakdown of skin arising from incontinence

can have considerable impact on an individual's physical and psychological wellbeing.<sup>1</sup>

### A good cleansing routine is key to prevention

However, with care and management, many of these issues can be prevented or minimized. For example, the incidence of pressure ulcers, which are very expensive to manage, can be reduced by as much as 50% by following proper care routines.<sup>2-4</sup>

A good hygiene routine, especially designed for fragile elderly skin can help prevent skin irritation

and infection. In addition to clinical benefits, a good hygiene routine can help residents feel comfortable, refreshed and healthy as well as support their self-esteem, independence and overall quality of life.

### To benefit your residents, your staff and you

An optimal skin care routine following episodes of incontinence helps to prevent the occurrence of incontinence associated dermatitis; it should include gentle cleansing, moisturizing and the use of a skin barrier or protectant if necessary.<sup>1</sup>

## Complementary product categories

TENA® Skincare is a range of dermatologically tested products that helps you care for the individual skin health needs of your residents. The range is broadly divided into three complementary categories that can be tailored to meet the individual needs of your residents. Each product and its category is clearly labeled to make sure it is easily identifiable and used appropriately by caregivers.



Cleanse (no rinse)



Cleanse (rinse off)



Protect



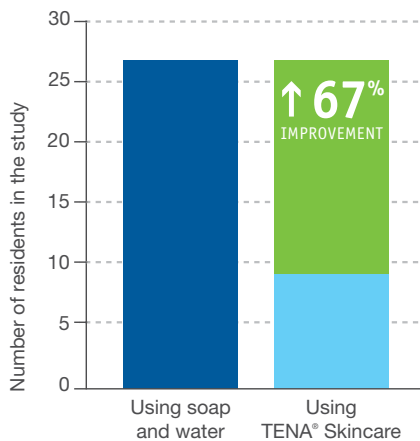
**67%**

of residents in a case study experienced improved skin conditions<sup>5</sup>

## TENA® Skincare improved skin conditions for a significant number of residents

Two-thirds of the elderly residents benefitted from improvements in their skin's condition\* when using the TENA® Skincare system vs. soap & water.

- Residents with skin conditions
- Residents without skin improvements
- Residents with skin improvements



Study included 27 residents of a long-term care facility over a two-month period. TENA® Skincare products used were Cleansing Cream, Body Wash & Shampoo, and disposable wet and dry wipes; these replaced textile wash gloves, liquid soap and water. \*Skin conditions evaluated were skin dryness, scratch sores, skin rashes and skin maceration.<sup>5</sup>



## Cleanse (no rinse)

For frequent cleansing and moisturizing when soap and water may otherwise dry the skin

# More effective, more caring than soap and water

Factors associated with skin dryness include prolonged contact with hot water as well as soap and water, both of which strip oils from the skin.<sup>6</sup>

Skin benefits	TENA® no-rinse cleansing	Soap and water cleansing
<b>Effective</b>		
Effective bacteriological control, particularly of <i>E. coli</i> and <i>Staph. aureus</i> <sup>7</sup>	✓	✓
Eliminates cross contamination through basins and washcloths <sup>11-13</sup>	✓	
Improves skin condition <sup>8-10</sup>	✓	
Minimizes irritating residue on skin <sup>8-10</sup>	✓	
Helps maintain skin's natural pH	✓	
<b>Caring</b>		
Minimizes distress for resident and caregiver <sup>9,10,14</sup>	✓	
Improves resident self-esteem by minimizing the time they need to be unclothed <sup>15</sup>	✓	
<b>Efficient</b>		
Optimizes caregivers' time allowing them to attend to residents' other needs <sup>16,17</sup>	✓	
More convenient for residents with spasms and impaired mobility <sup>15</sup>	✓	
<b>TENA® no-rinse cleansing is recommended for use in conjunction with occasional showering with TENA® Body Wash &amp; Shampoo</b>		

No-rinse cleansers are considered best practice because they are beneficial to skin condition.<sup>17</sup>



Cleanse (no rinse)



# TENA® Cleansing Cream

## Preventative skin care for elderly residents

3-in-1 formula promotes skin health by gently cleansing, moisturizing and soothing vulnerable skin – specialized care for elderly residents.

- Primarily used for frequent perineal skin care of incontinent individuals when changing absorbent products, can also be used for full body cleansing
- 3-in-1 creamy emulsion, ideal for cleansing and hydrating even the most delicate and fragile skin, no rinsing required
- Optimizes caregivers' time allowing them to attend to residents' other needs<sup>16</sup>
- Helps maintain skin's natural pH as well as helping to control odor

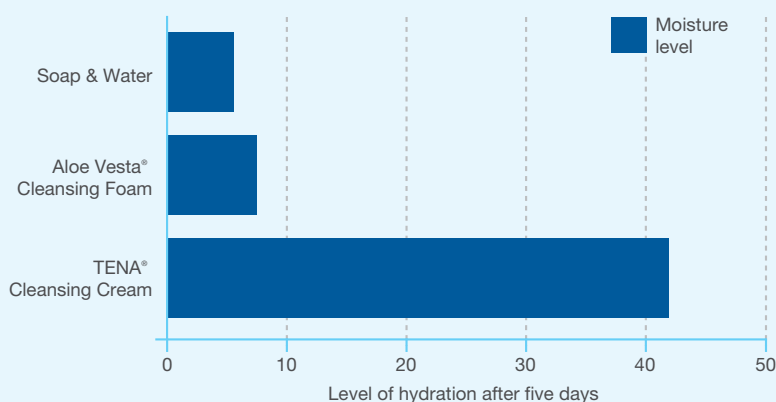
**5x**  
more moisturizing than  
a leading no-rinse  
cleanser<sup>18</sup>

Scent free  
formulation  
available



### High level of moisturization *and* cleansing

TENA® Cleansing Cream provides over 5x more moisturization than a leading no-rinse cleanser (Aloe Vesta® Cleansing Foam) and 7x more than soap and water.<sup>18</sup>



Aloe Vesta is a registered trademark of ConvaTec Inc.

**7x**

more moisturizing than soap and water<sup>18</sup>



**Cleanse (no rinse)**

## TENA® Washcloths

### Designed for care

Gentle and effective, these adult-sized, moistened washcloths are designed for the care you provide on a daily basis. All are dermatologically tested, alcohol free and enriched with aloe, chamomile and vitamin E to soothe elderly skin.

### One-handed, hygienic dispensing

A specially designed lid allows easy-to-use, one-handed dispensing and ensures washcloths are kept fresh and moist. Unfolded, single-washcloth dispensing through the wide opening minimizes the chance of touching the next washcloth, to improve infection control. An audible click reassures the caregivers that the pack has been closed.



## TENA® Classic Washcloths

### Quality and efficiency in one

Gentle cleansing that offers effective and economic personal hygiene, ideal for those with healthy, yet fragile skin.



- Soft, cloth-like material cleans even delicate skin gently and effectively
- Help to keep skin feeling fresh, clean and free of incontinence-related odors
- An efficient way to provide quality cleansing



## TENA® Ultra Washcloths

### Premium cleansing and moisturizing

Gentle cleansing and moisturization from thick, textured cloths that offer extra softness for residents' fragile skin.

- Gently cleanse and moisturize fragile skin
- Premium emulsion (oil-in-water) formulation
- A rich, soft feel for resident comfort



## TENA UltraFlush™ Washcloths

### Practical application, premium quality

The ONLY adult-sized pre-moistened washcloth that is tested and certified by NSF International (National Sanitation Foundation) as flushable/dispersible.



- Support toileting programs as well as resident independence and dignity
- Gently cleanse and moisturize leaving skin feeling soft and smooth
- Sewer and septic safe will not clog pipes\* – when used as directed
- Over 99% biodegradable

\*It is recommended that all disposable washcloths are thrown away in the garbage, however, TENA UltraFlush™ Washcloths are flushable, dispersible and maceratable, meaning they are less likely than non-dispersible washcloths to cause issues when flushed away, one washcloth per flush. Please see NSF International Flushability Certification Manual for details.



NSF International offers over 65 years of experience testing products to protect public health and the environment. The NSF certification allows purchasers to feel confident that TENA UltraFlush™ Washcloths have been rigorously tested by an independent, credible third party and have been certified safe for their sewer and septic systems.



## Cleanse (rinse off)

Gentle cleansing during shower or bath and occasional supplement to a no-rinse cleansing routine

# TENA® Body Wash & Shampoo

## Sustaining skin condition

A mild, dual-purpose cleansing gel and conditioning shampoo designed for elderly, fragile skin and hair. TENA® Body Wash & Shampoo is rinsed off with water and is suitable for frequent use.

- For regular, all body bathing and hair cleansing while maintaining skin integrity
- Conditioning and anti-static properties plus provitamin B<sub>5</sub> to make hair 10% easier to comb<sup>9</sup>
- Gentle formula for fragile skin







## Protect

Extra protection to help soothe irritated skin and prevent further breakdown

# TENA® Protective Cream

## To protect and treat

Extra protection that is ideal for irritated skin and sensitive skin. TENA® Protective Cream contains zinc oxide (10% concentration) and vitamin E. It offers a smoother application and easier removal than other zinc pastes.

- Helps prevent and treat minor skin irritation associated with incontinence
- Protects and helps relieve chafed, chapped, or cracked skin
- Allows for visualization after application to check skin condition
- Does not clog incontinence products when used as directed
- Always scent free for use on extra sensitive skin



## TENA Protective Cream

Contains zinc oxide

Products containing zinc oxide have been shown to be the most effective in protecting vulnerable or excoriated skin from further damage<sup>20</sup>

# TENA® Skincare:

Building confidence for your residents, your staff and you



## Cleanse (no rinse)

For frequent cleansing and moisturizing when soap and water may otherwise dry the skin

### TENA® Cleansing Cream

Product Name	Order #	Description	Pcs/Case	Format	SCS/OCC
TENA® Cleansing Cream	64420	0.17 fl. oz.	500	Foil packet	10768702644201
TENA® Cleansing Cream – Scent free	64405	0.17 fl. oz.	500	Foil packet	10768702644058
TENA® Cleansing Cream	64425	8.5 fl. oz.	10	Tube	10768702644256
TENA® Cleansing Cream – Scent free	64410	8.5 fl. oz.	10	Tube	10768702644102
TENA® Cleansing Cream	64430	16.9 fl. oz.	10	Pump bottle	10768702644300
TENA® Cleansing Cream	64435	33.8 fl. oz.	8	Pump bottle	10768702644355
TENA® Cleansing Cream – Scent free	64415	33.8 fl. oz.	8	Pump bottle	10768702644157

### TENA® Classic Washcloths

Product Name	Order #	Description	Pcs/Case	Format	SCS/OCC
TENA® Classic Washcloths	65724	7.9" x 12.5"	576	12/48	10768702657249
TENA® Classic Washcloths	65725	7.9" x 12.5"	500	100/5	10768702657256

### TENA® Ultra Washcloths

Product Name	Order #	Description	Pcs/Case	Format	SCS/OCC
TENA® Ultra Washcloths	65720	7.9" x 12.5"	576	12/48	10768702657201
TENA® Ultra Washcloths	65721	7.9" x 12.5"	500	100/5	10768702657218
TENA® Ultra Washcloths – Scent free	65722	7.9" x 12.5"	576	12/48	10768702657225
TENA® Ultra Washcloths – Scent free	65723	7.9" x 12.5"	500	100/5	10768702657232

### TENA UltraFlush™ Washcloths

Product Name	Order #	Description	Pcs/Case	Format	SCS/OCC
TENA UltraFlush™ Washcloths	65726	7.5" x 12.5"	576	12/48	10768702657263
TENA UltraFlush™ Washcloths	65727	7.5" x 12.5"	500	100/5	10768702657270



## Cleanse (rinse off)

Gentle cleansing during shower or bath and occasional supplement to a no-rinse cleansing routine

### TENA® Body Wash & Shampoo

Product Name	Order #	Description	Pcs/Case	Format	SCS/OCC
TENA® Body Wash & Shampoo	64353	0.17 fl. oz.	500	Foil packet	10768702643532
TENA® Body Wash & Shampoo – Scent free	64333	0.17 fl. oz.	500	Foil packet	10768702643334
TENA® Body Wash & Shampoo	64363	16.9 fl. oz.	10	Pump bottle	10768702643631
TENA® Body Wash & Shampoo – Scent free	64343	33.8 fl. oz.	8	Pump bottle	10768702643433



## Protect

Extra protection to help soothe irritated skin and prevent further breakdown

### TENA® Protective Cream

Product Name	Order #	Description	Pcs/Case	Format	SCS/OCC
TENA® Protective Cream	64403	0.17 fl. oz.	500	Foil packet	10768702644034
TENA® Protective Cream	64401	3.4 fl. oz.	10	Tube	10768702644010

**For more information, call your TENA Representative or Contact Us:**

**1.866.722.6659 | [info.usa@tena.com](mailto:info.usa@tena.com) | [www.tena.us](http://www.tena.us)**

# Building a future on experience and innovation

With years of experience in providing residential care with quality incontinence products, the TENA® Skincare range extends that same commitment to meeting the individual skin health needs of your residents.

We believe in a total care approach in which cleansing procedures and products are adjusted to the needs of individuals to achieve good health for their skin while also benefiting the working environment for your staff.

To achieve this, we have worked closely with care home managers and caregivers. Taking professional needs and experiences into careful consideration, we have made a number of changes to our skincare

offering: we have improved our product formulations, developed a clear packaging style that is easy to recognize, and created unique packaging that makes the products easy to identify and to handle.

Ultimately, we believe our innovative products work together, not only to help you transform skin health for elderly residents with vulnerable skin but also contribute to their overall health and wellbeing.



## Cleanse (no rinse)

Includes Cleansing Cream, Classic Washcloth, Ultra Washcloth, UltraFlush™ Washcloth



## Cleanse (rinse off)

Includes Body Wash & Shampoo



## Protect

Includes Protective Cream

1. Bardsley A. (2013). Prevention and management of incontinence-associated dermatitis. *Nursing Standard*, 27(44), 41-46. 2. Gunningberg L. (2004). Risk, prevalence and prevention of pressure ulcers in three Swedish health-care settings. *Journal of Wound Care*, 13(7), 286-290. 3. Cole L. (2014). A three-year multiphase pressure ulcer prevalence/incidence study in a regional referral hospital. *Ostomy Wound Management*, 60(5), 16-26. 4. Lyder CH et al. (2002). A comprehensive program to prevent pressure ulcers in long-term care: exploring costs and outcomes. *Ostomy Wound Management*, 48, 52-62. 5. Data on file, TENA® Solutions Case Study #3. 6. Popkin BM et al. (2010). Water, hydration and health. *Nutr Rev*, 68(8), 439-458. 7. Rönner A et al. (2010). The hygienic effectiveness of 2 different skin cleansing procedures. *Wound Ostomy Continence Nurs*, 37(3), 260-264. 8. Skewes S.M. (1996). Skin Care Rituals That Do More Harm than Good. *The American Journal of Nursing*, 10, 33-35. 9. Lentz J. (2003). Daily Baths: Torment or Comfort at End of Life? *Journal of Hospice and Palliative Nursing*, 5, 34-39. 10. Sloane P.D. et al. (2004). Effect of Person-Centered Showering and the Towel Bath on Bathing Associated Aggression, Agitation, and Discomfort in Nursing Home Residents with Dementia: A Randomized Controlled Trial. *Journal American Geriatrics Society*, 52, 1795 - 1804. 11. Massa J. (2010). Improving Efficiency, Reducing Infection, and Enhancing Experience. *British Journal of Nursing*, 19, 22-26. 12. Larson EL. (2004) Comparison of

Traditional and Disposable Bed Baths in Critically Ill Patients. *Am J Crit Care*, 13, 235-241. 13. Skewes S.M. (1994). No More Bed Baths. *RN*, 57(1), 34-35. 14. Knibbe J.J. & Knibbe N.E. (2006). *Businesscase Verzorgend Wassen (Wassen-zonder-Water): Verkenning van de Waarde van een Nieuwe Wasmethode*. Bennekom: LOCOmotion. 15. Dutch Ministry of Health, Welfare and Sports. Successful pathways in care institutions, 2006. 16. Data on file, Knibbe J.J. and Knibbe N.E. Summary of results Washing Without Water, 2013. 17. Ripley K. (2007). Skin Care in Patients with Urinary or Faecal Incontinence. *Primary Health Care*, 17(4), 29-34. 18. Data on file, TENA®, based on a study conducted on TENA® Cleansing Cream and equivalent competitor products. February 2014. 19. Data on file, TENA® Shampoo & Shower performance assessment, BASF, 2011. 20. Hoggarth A et al. (2005). A controlled, three-part trial to investigate the barrier function and skin hydration properties of six skin protectants. *Ostomy Wound Management*, 51(12), 30-42.



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