

## Incontinence Pads

- Check pad fitted correctly. The individual or care giver may tell you they are doing it correctly but it is always best for you to see this for yourself.  
Not fitting the pad correctly - usually means putting the pad in 'flat' or putting it in pants and pulling the lot up together. The pad needs to be put in between the legs cupped (lightly folded). The pants should be brought up to meet the pad and not brought up together.
- **Always** provide a current waist measurement for fixation pants or slip (taped) pads.
- Underwear and fixation pants - ensure they are not too big, have lost elasticity and do not fit snugly, or indeed the wrong type of pants – close fitting full pants. Baggy, ill-fitting pants will not hold the pad intimately to the perineal area. This can cause leakages and skin excoriation.
- Ensure pads are not shaken prior to fitting as this can damage the pads leading to problems with clumping and leakage. Always remember it could be that the pad being currently used is too absorbent. The pads are very thirsty and the super absorbent polymers will quickly absorb any liquid. If a high absorbency product does not receive the relevant amount of fluid whilst it is worn then it can start to dry out and break up due to heat, pressure and movement which can cause clumping.
- Check - have the wetness indicators reached the maximum absorbency or not? Has the pad been stored in a moist or very warm environment prior to application?  
(Pads can absorb moisture from the air and can also dry out).
- If a barrier cream has been used has it has been applied sparingly to dry skin in the affected area? Oil based creams and the use of talcum powder can inhibit the pad performance. The use of such creams should be determined by the local Tissue Viability Nurse and by local guidelines.

**Double padding is bad practice.** The back of the pads are waterproof so fluid will not flow from one pad to another. Wearing more than one pad can compromise the skin by forming hard edges. There is no benefit from wearing more than one pad, it will put the skin and pressure areas at risk.