DIRECTONS FOR USING ILEX

- Clean your child’s bottom as advised
- Apply a thin coating of ILEX over the area of bottom needing protection. Allow 30 seconds to dry
- Apply a layer of VASELINE over the ILEX and surrounding skin to prevent the nappy from sticking to the ILEX.
- When cleaning, only the stool should be wiped off using a soft cloth and water leaving the ILEX intact.
- Reapply additional ILEX if required, then reapply VASELINE. (This is to minimize further trauma to the skin)
- The ILEX should be entirely removed once a day using a soft cloth with a good amount of mineral/baby oil

**NOTE:**

Removing ILEX more often or without the use of mineral/baby oil may inhibit the healing process

Remember: Ask your nurse if you are unsure about anything about your child’s care.

Additional instructions

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WHY?
Following Stoma closure and pull through surgery children with congenital diseases such as Hirschsprung’s Disease or Anorectal Malformations may suffer from nappy rash due to frequent exposure to bowel motions.
Nappy rash can vary from mild reddness to severe skin damage. This can often cause the child to experience pain and discomfort.

PREVENTION OF NAPPY RASH
- Immediately after surgery ensure that a barrier cream is applied to your child’s bottom
- Change your child’s nappy as soon as possible following a bowel movement
- Clean your child’s bottom thoroughly with warm soapy water and a soft cloth or Water wipes. Try to avoid using BABY WIPES
- Apply barrier creams/paste/powder as directed by your Stoma/Colorectal CNS

HEALING NAPPY RASH
- Clean your child’s bottom gently with warm water and soft cloth, and pat dry
- If cleaning with a cloth becomes too painful using the shower to rinse of the of the poo can help
- Bath daily to remove all creams/ointments
- DO NOT USE BABY WIPES!
- Following removal of creams or after bathing exposing the bottom to the air can help “dry” the bottom out
- If skin is not healing or there is evidence of infection (bright red spots on bottom) it is advisable to have your GP/CNS check it as it may need treated with an antifungal cream.

RECOMMENDED TREATMENTS
- Ilex paste
- Metanium
- Orobase Paste
- 3 in 1 (mixture of vaseline, orobase + metanium)
- Sudocreme/Bepanthen (mild irritation)
- It is advisable to apply a layer of waterproof barrier over creams/pastes e.g. Vaseline
- If skin is to “wet” and prevents creams/pastes from sticking a light dusting of Caldesene/Orohesive Powder or a barrier film e.g Cavalon will help
- For treatment of a bacterial infection an antifungal cream will be prescribed

In the case of the following it is advisable to apply a barrier prophylactically to your child’s bottom:-
- Teething
- Diarrhea
- Antibiotics/Laxatives
- Change of diet