Incontinence Skin Care using a Crusting Technique

What is crusting?
Crusting refers to a skin care procedure where a “crust” is made using an ostomy powder and an alcohol-free barrier film. The crust helps protect the skin from stool and urine.

When is it used?
When skin is severely damaged or in other words, when skin is wet, weeping and denuded. In this situation, most barrier creams and ointments will not work because they cannot adhere to a wet surface. Crusting may also be used for peristomal skin damage.

How do I apply a crust?
Procedure for crusting:

1. Clean skin gently with 3M™ Cavilon™ No-Rinse Skin Cleanser or plain tap water.

2. Sprinkle a layer of ostomy powder (for example: ConvaTec Stomahesive™ Protective Powder or Hollister™ Adapt™ Stoma Powder) over area to be treated. Gently brush off excess powder using a 4x4 gauze. You want a thin layer of powder completely covering the moist area.

3. Spray 3M™ Cavilon™ No Sting Barrier Film over powder. Allow barrier film to dry. If an area is missed, allow the entire area to dry first, then go back and spray the area that was missed.

4. Reapply daily or as directed.

Note! If skin does not improve with the use of crusting, consider a referral to a Wound, Ostomy, Continence (WOC) Nurse or skin care specialist for assistance.

Note: do not substitute corn starch, bath powder or baby powder for the ostomy powder.