

肛門周圍皮膚護理

肛門周圍的皮膚須要特別的注意和照顧，因為有些人會出現皮膚過敏的體驗。造成過敏的原因是黏液漏出或經常大便稀薄，不過通常都是暫時性的。

做過腸部手術後，大概須要 6 至 12 個月才能恢復正常的排便功能。

如何防止皮膚過敏？

- 盡量保持肛門周圍的皮膚乾燥，在每次排便結束後清洗並擦乾
- 避免使用硬廁所紙及會可能導致燒灼或過敏的物質（例如一些添加香料的肥皂）
- 每次排便後使用尿布抹片或不加香料的清潔劑清洗肛門周圍的地方
- 避免用力擦拭或揉搓，把皮膚輕輕拍乾
- 對於疼痛和與一碰就痛的皮膚，可以用手拿淋浴龍頭清洗皮膚，然後輕輕擦乾

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Peri-anal skin care

Particular attention and care is required to the skin around the anal areas as some people can experience skin irritation. This is caused by leakage of mucous or frequent loose stools and is usually temporary. After bowel surgery, it may take 6 to 12 months for regular bowel function to return.

How can I prevent skin irritation?

- Keep the peri-anal skin as dry as possible, by cleaning and drying after each bowel action
- Avoid using hard toilet paper and substances that may cause burning or irritation (e.g. some scented soaps)
- Use nappy wipes or unscented cleansers to clean the peri-anal area after each bowel action
- Avoid vigorous wiping or rubbing. Pat the skin dry
- For painful and sore peri-anal skin, use a hand-held shower to cleanse the skin before gently drying



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- 清洗完之後在肛門周圍皮膚擦一點護膚膏，市面上有一種為這個目的而製造的特別軟膏，與您的造口治療護士或失禁顧問討論這件事
- 在護墊裡面放一個尿布襯墊，這樣就不須要經常地更換失禁護墊
- 少量瀉露的話，使用卸妝片，對摺並對著肛門插入屁股的摺縫。這是一個便宜的選擇
- 穿棉質內褲，不要穿尼龍的
- 某些食物會導致過敏，應該避免食用，例如：辛辣的食物。與營養師商量，因為不同的食物對人有不同的影響
- 如果造成肛門周圍過敏的原因是腹瀉或者排便鬆弛，您可以服用治腹瀉的藥。與您的醫生討論這個情形



Peri-anal skin care

- Apply a barrier cream to the peri-anal area after cleaning. There are special creams available for this purpose. Discuss this with your Stomal Therapy Nurse or Continence Advisor
- Use a nappy liner in a pad. This will prevent the need to frequently change the continence pad
- For small amounts of leakage, use a make-up remover pad, folded in half and inserted into the buttock crease, against the anus. This is a cheaper option
- Wear cotton underwear, not nylon
- Certain foods may cause irritation and should be avoided e.g. spicy foods. Discuss this with a Dietician, as different foods, affect people, in different ways
- If the cause of the peri-anal irritation is from diarrhoea or a loose bowel action, you may take an anti diarrhoeal. Speak to your Doctor about this.

