

Skin Care, Absorbent Products and Urine Odor

General Information

Urine can irritate your skin, causing redness, itching and discomfort. If left untreated, your skin can become infected and break down.

Talk with your health care provider about your condition and ask for a prevention or treatment plan.

Skin Care Tips

- Drink at least 6 to 8 glasses of water every day.
- Use pads specially designed to absorb urine. Change them often to keep your skin dry.
- Try to avoid using menstrual pads for absorbing urine.
- Wash your skin with clear water. Pat dry or use a hair dryer on the cool setting. Drying your skin is important because irritation increases with moisture.
- If you have continuous urine leakage or if you have skin irritation, ask your health care provider about using a moisture barrier ointment. They will recommend a brand and how to apply it.

- Wear cotton underwear to help wick away moisture.
- Avoid wearing nylon materials directly against your skin.
- Avoid using products that contain perfumes or dyes, such as toilet paper, menstrual pads and laundry detergents.

Urine Odor Tips and When to Call Your Health Care Provider

- Some foods can cause urine to smell bad. A few examples are asparagus, garlic and coffee.
- When your urine has a strong odor and foods aren't causing it, call your health care provider.
- Medicines may cause urine to have a different color and have an unusual odor. If your urine has a specific color or odor after you start taking a medicine, call your pharmacist.