



SURGICAL ASSOCIATES

## *Patient Education*

### **Calmoseptine Skin Barrier Ointment**

Calmoseptine Ointment acts as a barrier to protect skin from moisture and irritating substances. This barrier function also helps protect the skin from drying out. Additionally, it has ingredients that help draw moisture away from too-moist and inflamed areas. Thus, it helps to maintain a healthy moisture balance for your skin.

#### **Where can I safely use Calmoseptine Ointment?**

Calmoseptine Ointment was originally developed for use on infants and it is safe to use on intact or mildly damaged skin. For example, it can be used to ease skin irritation around gastrojejunostomy (GJ) tubes and stoma appliances.

We do not recommend using Calmoseptine Ointment in deep wounds nor on mucous membranes. However, many people have used it without problems on skin transitional areas, close to mucous membranes. These include on the lips, around the anus and around the vaginal opening in women. Calmoseptine Ointment should not be used in or around the eyes.

#### **How to Apply Calmoseptine Ointment**

1. Cleanse the skin or area to be protected using a mild skin cleanser, normal saline or water.
2. Pat dry, or allow to air dry.
3. Apply a thin layer to the affected area two (2) to four (4) times daily, or as often as necessary for comfort and protection.
4. When using Calmoseptine Ointment as a moisture barrier, it's not necessary to thoroughly remove the ointment from the skin with each dressing change. You can leave a base layer of the ointment and reapply only where necessary. This minimizes trauma to the skin from the friction during cleansing.





## **How much should I use each time?**

It only takes a thin layer for Calmoseptine Ointment to be effective. In most cases, using too much is not harmful, but it can be messy. Under ostomy appliances, only a very small amount should be used, and it must be rubbed in well. Add a small amount of stoma powder to make the wafer (the piece that sticks to the body) adhere better.

## **How to remove the ointment from skin**

If it is necessary to thoroughly cleanse the ointment from the skin:

1. Wipe the area with a clean, dry cloth or gauze. Baby oil (mineral oil) and vegetable oil are excellent for quick removal.
2. If skin is tender or fragile, or if stoma powder has been used and the ointment is crusted, patting or rubbing with oil (mineral, vegetable or baby oil) will soften the ointment for easier removal.
3. Any residual ointment can then be removed with soap and water or a skin or wound cleanser.

Some skin cleansers with a surfactant will remove Calmoseptine Ointment.

Some examples include:

- Bedside Care Perineal Wash (Sween/Coloplast)
- EltaMD Facial Cleanser (Swiss-America)
- Aloe Vesta Perineal Wash (Convatec/Calgon Vestal)
- Carrington Foam (Carrington Laboratories)
- Proshield Foam and Spray (Healthpoint)
- Restore (Hollister)

## **How to remove the ointment from objects**

For solid objects like floors, vinyl or wood, use mineral or baby oil applied to a cotton ball, pat until the Calmoseptine Ointment loosens enough to be removed with the cotton ball. Then, clean up the mineral or baby oil.

## **How to remove the ointment from bedding & clothing**

Clorox 2 has been found to be useful.