

CALMOSEPTINE[®] OINTMENT

LEARNING OBJECTIVES

1. Describe how to properly apply Calmoseptine[®] Ointment.

- a. Cleanse the skin prior to application with mild skin cleanser or water. Pat dry or allow to air dry.
- b. Apply a thin layer 2-4 times daily to affected area, or as necessary to promote comfort and protection.
- c. Calmoseptine[®] Ointment can be applied to intact or irritated skin around an ostomy site. However, use only a *very small amount and rub it in completely*. Hold barrier in place for about one minute. This will increase the adhesion of standard barrier adhesive. Pouches with a clear adhesion barrier, such as Cymed, will not stick to peristomal skin when Calmoseptine[®] Ointment is applied.

2. State some indications for using Calmoseptine[®] Ointment.

- a. To prevent or protect any area of the body from urine, feces, or moisture
- b. To protect and help heal already irritated skin from urine, feces, or moisture
- c. To relieve the discomfort and itching from contact dermatitis and other rashes

Examples for use: Incontinence, leakage around feeding or drain tubes, fistulas, skin surrounding draining wounds, diaper rash, and perspiration

3. Describe proper removal techniques to prevent dermal injury.

- a. In most cases, the majority of Calmoseptine[®] Ointment can be removed with a clean, dry cloth or gauze. Residual can then be removed using a skin cleanser with a surfactant.
- b. On fragile skin and in tender or painful areas, it is advisable to soften Calmoseptine[®] Ointment using mineral oil or baby oil before attempting to remove. This also works to soften ointment that has been left on the skin and has hardened or crusted. Gently pat or rub the oil into the ointment until it can easily be removed with a soft dry cloth or gauze. The residual oil can then be washed off with a gentle skin cleanser or mild soap and water.

Note: When using Calmoseptine[®] Ointment as a moisture barrier, often it is not necessary to thoroughly remove the ointment from the skin. It is sufficient to cleanse and remove waste material, leaving a base layer of the ointment. Reapply only where necessary.

4. State, in general, the mode of action of the product.

- a. Provides a physical moisture barrier
- b. Has a mild drying effect on moist skin
- c. Stimulates nerve endings, thus temporarily relieves discomfort and itching
- d. Mild antiseptic ingredients also help to prevent secondary bacterial and fungal infections of the skin.

5. **Discuss possible adverse reactions and how to manage them.**

- a. Although it is rare, the possibility for an allergic reaction exists due to sensitivity to any one of the ingredients. Most commonly, this would be manifested by severe itching after the product is applied, the development of a rash or hives, or an increased area of a rash compared to what was present previously. As in any allergic reaction, more severe symptoms such as extreme discomfort or difficulty breathing (anaphylaxis) could occur.

If you suspect patient is allergic, remove the Calmoseptine[®] Ointment by one of the methods described above.

- b. When nerve endings are exposed due to denuded skin, some discomfort on application may occur. However, it frequently goes away within 2-3 minutes and the patient should report a cooling sensation.

If the discomfort continues or if the patient cannot tolerate it, remove Calmoseptine[®] Ointment by one of the methods described above.

6. **Explain the method of using stoma powder or karaya powder with Calmoseptine[®] Ointment to treat weepy, denuded skin.**

Using stoma powder (i.e. Convatec Stomahesive[®] Powder, or Hollister Premium Powder) or karaya powder with Calmoseptine[®] Ointment can help it adhere to weepy and denuded areas. This forms a very protective, somewhat absorbent barrier.

- a. Cleanse area using normal saline or wound cleanser and pat dry, using sterile gauze.
- b. Apply a light dusting of stoma or karaya powder to denuded area. This creates a dry surface to help the Calmoseptine[®] Ointment stick to the wound. Gently dust off excess powder.
- c. Gently place a layer of Calmoseptine[®] Ointment over the powdered area.
- d. Apply another light coating of the powder over the Calmoseptine[®] Ointment and pat into the ointment. Dust off excess.
- e. It may be necessary to repeat, adding another layer of Calmoseptine[®] Ointment and powder in order to entirely cover the wound.
- f. Repeat after each bowel movement, diaper or dressing change. As in above applications, it is not necessary or advisable to remove all of the Calmoseptine[®] Ointment each time. Simply cleanse surface and reapply where necessary.

IF SKIN DOES NOT IMPROVE IN 7 DAYS, OR IF CONDITION WORSENS, NOTIFY PHYSICIAN OR E.T. NURSE. There may be an underlying problem, such as a bacterial or fungal infection, that requires the use of a prescription product.

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