Advanced skin care products to help nourish the skin
Remedy™ is an extensive line of advanced skin care products formulated to nourish the skin.

The story behind Remedy begins with an olive and ends with a breakthrough.

Great ideas usually start with something simple. In this case, it was an olive. On a cellular level, our bodies utilize antioxidants in a daily battle against the damaging effects of free radicals. But as we age, not only are our cells less able to defend themselves, they show the cumulative damage from previous years as well. What if skin care products could contribute antioxidants and other fundamental ingredients to help nourish the skin on a cellular level?

When our biochemistry team started their work developing Remedy they began with a very potent antioxidant found in olives, hydroxytyrosol. Hydroxytyrosol helps maintain cell membranes and support cells in a healthy state via its free radical scavenging properties.\(^1,2\) They also looked at important amino acids like glycine\(^3\) and L-Proline,\(^4\) which are some of the main building blocks in collagen. Methylsulfonylmethane (MSM) supports amino acid utilization while offering antioxidant properties. L-Taurine,\(^5\) N-acetyl-L-cysteine\(^6\) and vitamins (mainly B\(_3\) and B\(_6\)) all help provide a nurturing environment for the skin cells.\(^7,8\) An understanding of the biochemistry of these key components led to a patent pending composition called Olivamine\(^8\) that is the basis of Medline’s Remedy skin care product line.

What makes us different?

1. Remedy nourishes the skin with a unique blend of Olivamine, natural oils, and emollients to moisturize.

2. Remedy is the gentle solution for most skin issues. By avoiding the use of harsh soaps and detergents, and only using naturally derived phospholipids to lift the dirt and oils from the skin, Remedy ensures that the structure and integrity of the already compromised skin is not damaged any further. Furthermore, the entire Remedy line is proven to be non-cytotoxic, non-sensitizing, and non-allergenic.

3. Remedy contains ingredients powerful enough to help prevent excessive transepidermal water loss, yet unlike petroleum dominated products, will not occlude the skin’s natural breathability. Remedy uses ingredients such as silicones and zinc oxide, among others, to help protect the skin from moisture derived from incontinence, perspiration or wound exudate.

The Remedy line of skin care products is designed to provide a healthy skin environment and help maintain the normal cell life cycle.

References
\(^8\) Bilski P, Li MY, Ehrenhaft M, Daudi ME, Chignell CF. Vitamin B6 (pyridoxine) and its derivatives are efficient singlet oxygen quenchers and potential fungal antioxidants. Photochemistry and Photobiology. 71(2):129-34.
Protecting against excessive transepidermal water loss (e-TEWL)

Excessive transepidermal water loss (e-TEWL) causes the stratum corneum layer of the skin to lose some of its protective properties and dehydrate.

e-TEWL can be elevated by several factors including low humidity, changes in skin pH, normal aging, abrasion of skin and damage to skin due to radiation therapy.

Most Remedy products contain ingredients that help protect against e-TEWL by providing a semipermeable barrier that does not slow recovery of the stratum corneum and allows for normal cellular respiration.*

Cleansing with phospholipids

Most cleansers on the market utilize synthetic surfactants such as sodium lauryl sulfate, sodium laureth sulfate and ammonium laureth sulfate. These surfactants can cause irritation by stripping the skin lipids, especially when left on the skin (no-rinse products). Repeated surfactant exposure leads to increased transepidermal water loss (dehydration of skin).

Phospholipids are ingredients formed from selected vegetable oils that bind both water and oily, greasy dirt, providing excellent cleansing and conditioning properties.

Remedy 4-in-1 cleansers are specially formulated to deliver Olivamine in a no-rinse, phospholipid base that mimics the body’s natural lipid requirements and helps the skin retain moisture.

The Components of Olivamine

<table>
<thead>
<tr>
<th>Agents</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>The 3 most abundant amino acids in pre-collagen and collagen – glycine, N-acetyl-L-cysteine and L-proline</td>
<td>These amino acids are the main building blocks of collagen. Without a plentiful supply, collagen cannot be formed.</td>
</tr>
<tr>
<td>Vitamins A, B₃, B₆, C and D₃</td>
<td>Supports ability of skin to efficiently utilize amino acids and other nutrients.</td>
</tr>
<tr>
<td>Very potent antioxidants – Hydroxytyrosol (extracted from olives) and L-taurine (an important amino acid)</td>
<td>Protects cells and helps neutralize free radicals that can damage the skin.</td>
</tr>
<tr>
<td>Methylsulfonylmethane (MSM)</td>
<td>MSM supports amino acid utilization and offers antioxidant properties.</td>
</tr>
</tbody>
</table>

* Data on file
Cleanser Protectant

4-IN-1 CLEANSING LOTION
WITH OLANAMINE®

Cleanses, Moisturizes, Nourishes and
Provides Protective Moisture Barrier

- Doctor Formulated
- Scientifically Proven
- Advanced Skin Care

Reorder: MSC094308

Contains 8 U.S. Fl. Oz. (236 mL)
Remedy™ 4-in-1 Cleansing Lotion

No-Rinse 4-in-1 Cleansing Lotion provides moisturization and light protection from incontinence. Indicated for face, body, perineal and peristomal areas when moisturization and a moisture barrier are required to protect skin.

Accomplishes four skin care steps in one application
Remedy 4-in-1 Cleansing Lotion cleanses, moisturizes, protects and nourishes the skin in one application. Optimizes shelf space and nursing time. Leaves skin feeling fresh and silky.

Leaves behind a protective moisture barrier
No-rinse lotion formula easily cleanses and removes sticky barriers and pastes, avoiding unnecessary friction on the skin. Convenient trigger sprayer yields over 280 sprays. Added dimethicone helps protect skin. Ideal for light incontinence and to avoid excessive transepidermal water loss (e-TEWL).

Contains phospholipids to gently clean and condition
Harsh soaps and surfactants strip skin of moisture and contribute to e-TEWL. Remedy 4-in-1 Cleansers have a phospholipid base that binds both water and oily, greasy dirt to gently clean and condition the skin. Remedy cleansers contain ingredients derived from natural and organic oils that mimic the body’s natural lipids.

Ideal for shower and bathtub use, one product does it all
Remedy cleansers can also be used during showers in place of soaps as a rinse-off alternative. The phospholipids will gently cleanse the skin without stripping it of its natural oils.

Active Ingredient:
Dimethicone (1.5%)

Other Recommended Products:
If the patient is incontinent, a Remedy skin protectant, such as Remedy Dimethicone Moisture Barrier, Nutrashield™ or Calazime® Protectant Paste, or Clear-Aid™ Skin Protectant should be used.

<table>
<thead>
<tr>
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<th>Description</th>
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<td>MSC094308H</td>
<td>4-in-1 Cleansing Lotion, 8 oz. each</td>
<td>each</td>
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<td>MSC094320</td>
<td>4-in-1 Cleansing Lotion, 32 oz. w/pump</td>
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<tr>
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<td>4-in-1 Cleansing Lotion, 32 oz. w/pump each</td>
<td>each</td>
<td></td>
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</tbody>
</table>
**Remedy™ 4-in-1 Body Cleanser**

No-rinse foam for head-to-toe cleansing and conditioning. Indicated for hair, body, perineal and peristomal areas.

**Four steps in one**
Remedy 4-in-1 Body Cleanser cleanses, moisturizes, and nourishes the skin in one step. Helps reduce odor. Optimizes shelf space and nursing time.

**Easy-to-use, no-rinse foam**
Ready-to-use, no-rinse foam stays in place to prevent product spills, waste and patient discomfort. One bottle contains over 340 pumps of foam.

**Contains phospholipids to gently clean and condition**
Harsh soaps and surfactants strip skin of moisture and contribute to e-TEWL. Remedy Foaming Cleansers have a phospholipid base that binds both water and oily, greasy dirt to gently clean and condition the skin while remaining tear-free. Remedy cleansers contain ingredients derived from natural and organic oils that mimic the body’s natural lipids.

**Ideal for shower and bathtub use, one product does it all**
Remedy cleansers can also be used during showers in place of soaps. The phospholipids will gently cleanse the skin without stripping it from its natural oils.

**Other Recommended Products:**
If the patient is incontinent, a Remedy skin protectant, such as Remedy Dimethicone Moisture Barrier, Nutrashield™ or Calazine® Protectant Paste, or Clear-Aid™ Skin Protectant should be used.

<table>
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<th>Code</th>
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<tr>
<td>MSC094109</td>
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<td>each</td>
<td></td>
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</tbody>
</table>

Spray soiled and/or odorous areas, or apply on damp cloth and cleanse. Gently wipe clean with damp cloth.
4-IN-1 BODY CLEANSER
WITH OLIVAMINE®
CLEANSES, MOISTURIZES, NOURISHES

- DOCTOR FORMULATED
- SCIENTIFICALLY PROVEN
- ADVANCED SKIN CARE

REORDER: MSC094109
CONTAINS 9 U.S. FL. OZ. (265mL)
Remedy™ 4-in-1 Antimicrobial Cleanser

No-rinse cleanser for bioburden reduction as well as head-to-toe cleansing and conditioning. Indicated for hair, body, perineal and peristomal area.

**Four steps in one**
Remedy 4-in-1 Antimicrobial Cleanser cleanses, moisturizes, helps provide protection against microorganisms and nourishes the skin in one step. Aids in reducing odor. Optimizes shelf space and nursing time.

**Reduces bioburden**
Contains benzalkonium chloride to help protect against microbial contamination associated mainly with perineal and peristomal care. Also, aids in reducing odors associated with excessive bioburden.

**Contains phospholipids to gently clean and condition**
Harsh soaps and surfactants strip skin of moisture and contribute to excessive Transepidermal Water Loss (e-TEWL). Remedy 4-in-1 Cleansers have a phospholipid base that binds both water and oily, greasy dirt to gently clean and condition the skin. Remedy cleansers contain ingredients derived from natural and organic oils that mimic the body’s natural lipids.

**Active Ingredient:**
Benzalkonium chloride (0.12%)

**Other Recommended Products:**
When additional moisturization is needed and skin is prone to breakdown, use Remedy Skin Repair Cream to help moisturize and increase the supply of Olivamine.

If the patient is incontinent, a Remedy skin protectant such as Remedy Dimethicone Moisture Barrier, Nutrashield™ or Calazime® Protectant Paste, Clear-Aid™ Skin Protectant should be used.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
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<th>Unit</th>
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<tbody>
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<td></td>
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<tr>
<td>MSC094208H</td>
<td>4-in-1 Antimicrobial Cleanser, 8 oz</td>
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</table>
Remedy™ Skin Repair Cream

Remedy Skin Repair Cream helps restore the skin’s natural moisture balance while delivering vital nutrients to the skin. Indicated for patients who are at high risk for skin breakdown.

**Helps deliver nutrients to skin**
Remedy Skin Repair Cream contains a higher level of Olivamine (two times more than other Remedy products), delivering vital amino acids and antioxidants to the skin. The Skin Repair Cream also contains the primary fatty acids found in olive oil—oleic and linoleic acid. These are excellent skin nutrients and lipid replacements for skin that has been stripped of its protective lipid components.

**Provides effective barrier and balances moisture**
Helps restore and maintain the skin’s natural moisture balance. Contains dimethicone to provide a breathable moisture barrier and protect the skin against damage related to dehydration. Helps block excessive transepidermal water loss (e-TEWL).

**Protection for at-risk patients**
Remedy Skin Repair Cream is specially formulated for patients who are at-risk for skin breakdown. The nutrients and protection in the Skin Repair Cream are vital to skin recovery as well as maintenance of healthy skin.

**For daily therapeutic use**
Remedy Skin Repair Cream excels as a daily therapy to help moisturize and protect delicate skin. Also provides relief to skin affected by dryness. Ideal as a facial moisturizer.

**CHG and latex-friendly**
Unlike other moisturizers, Remedy Skin Repair Cream won’t interfere with the antimicrobial properties of CHG (Chlorhexidine Gluconate). It can be used before or after washing with CHG products. Additionally, it does not interfere/degrade latex gloves.*

**Active Ingredient:**
Dimethicone (1.5%)

**Other recommended products:**
Start the cleansing process with any Remedy 4-in-1 cleansing product. If the patient is incontinent a Remedy skin protectant should be used, such as Remedy Dimethicone Moisture Barrier, Nutrashield™ or Calazime® Protectant Paste Clear-Aid™ Skin Protectant.

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<tr>
<td>MSC094424</td>
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*Data on file

3-18-04
Prior to starting treatment with Skin Repair Cream with Olivamine.

3-31-04
After approximately 10 days of treatment.
MOISTURIZING PROTECTANT

SKIN REPAIR CREAM

WITH OLIVAMINE®

MOISTURIZES, NOURISHES AND GENTLY PROTECTS

• DOCTOR FORMULATED
• SCIENTIFICALLY PROVEN
• ADVANCED SKIN CARE

REORDER: MSC094424

CONTAINS 4 U.S. FL. OZ. (118 mL)
Recovery™ Antifungal Powder and Cream

Recovery Antifungal Powder and Cream helps treat fungal infections while delivering nutrients to the skin. Indicated for all common fungal infections.

Effective treatment for fungal infections
Recovery Antifungal Powder and Cream helps treat the most common fungal infections including tinea pedis (athlete’s foot), tinea cruris (jock itch) and tinea corporis (ringworm). Helps relieve itching, burning and irritation.

Antifungal Powder offers more than competing powders
Unlike competing antifungal powders, Recovery combines the treatment of fungal infections with the soothing benefits of aloe vera and Olivamine. The powder is talc-free, flows freely and stays in place for extended periods of time.

Active Ingredient:
Miconazole Nitrate (2%)

Other recommended products:
Start the cleansing process with any Recovery 4-in-1 cleansing product. Apply the antifungal product as needed. The powder is recommended for skin folds, feet, socks and shoes. The cream is recommended where sealing out moisture is important, such as in the perineal area.

<table>
<thead>
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<tr>
<td>MSC094604H</td>
<td>Antifungal Cream, 4 oz.</td>
<td>each</td>
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</tbody>
</table>
Remedy™ Nutrashield®

For substantial skin protection against excessive transepidermal water loss (e-TEWL). Indicated for diaper rash caused by wetness, urine and stool. Protects and helps relieve chapped or cracked skin. Ideal for dry to denuded skin.

Invisible shield protects skin and relieves dryness
Nutrashield provides an effective, long-lasting moisture barrier against incontinent episodes while relieving the dryness, abrasion or denuded skin. It protects the skin with an advanced silicone system. This combination helps Nutrashield last after repeated washings.*

Protects against moisture loss
Helping to prevent skin moisture from evaporating is an important function of Nutrashield. Nutrashield protects against e-TEWL by sealing in the moisture and creating a more favorable environment for healthy skin. Nutrashield continues to offer protection even after multiple washings.* Ideal for patients with very dry skin, such as those associated with venous leg ulcers, and can be used under compression wraps.

CHG and latex-friendly
Unlike other moisturizers, Remedy Skin Repair Cream won’t interfere with the antimicrobial properties of CHG (Chlorhexidine Gluconate). It can be used before or after washing with CHG products. Additionally, it does not interfere/degrade latex gloves.*

Safer in oxygen rich environments
Comparative tests against petrolatum based products show that Remedy products are significantly less prone to ignite in high oxygen environments.*

Active Ingredient:
Dimethicone (1%)

Other recommended products:
Start the cleansing process with any Remedy 4-in-1 cleansing product. Apply Nutrashield as needed.

Nutrashield offers long-lasting protection
Nutrashield stays in place for longer periods of time and doesn’t need to be reapplied as often as other products.

Data on file

Remedy® Nutrashield

For substantial skin protection against excessive transepidermal water loss (e-TEWL). Indicated for diaper rash caused by wetness, urine and stool. Protects and helps relieve chapped or cracked skin. Ideal for dry to denuded skin.

Data on file

Remedy® Advanced Skin Care from Medline
SKIN PROTECTANT

REMEDY

NUTRASHIELD
WITH OLIVAMINE®

MOISTURIZES, NOURISHES AND PROVIDES
PROTECTIVE MOISTURE BARRIER

• DOCTOR FORMULATED
• SCIENTIFICALLY PROVEN
• ADVANCED SKIN CARE

REORDER: MSC094534

CONTAINS 4 U.S. FL. OZ. (118 mL)
**Remedy™ Calazime® Protectant Paste**

For skin protection against moisture and irritation. Indicated for the relief of painful, itchy skin and discomfort associated with diaper rash caused by wetness, urine and/or stool and other macerated skin conditions. Ideal for normal to broken-down skin and peristomal areas, including G-tube sites.

**Two active ingredients in one effective barrier cream**
Zinc oxide-based barrier that protects against moisture and minor irritation. Menthol cools irritated skin and calms inflamed tissue. Calazime also helps absorb light exudate from compromised skin.

**Easy to apply**
Contains rich emollients (cold-pressed sunflower seed oil and organic olive oil) to easily spread the product onto the skin. Uses the purest grade of U.S.P. Standardized White Petrolatum which helps protect pores from clogging.

**Higher viscosity, greater economy**
Calazime has a higher viscosity (thickness) than other skin pastes. This means less product is used to achieve the same barrier coverage, offering a savings in supply costs.

**Active Ingredients:**
Zinc Oxide (20%), Menthol (.2%)

**Other recommended products:**
Start the cleansing process with any Remedy 4-in-1 cleansing product. Apply Calazime™ Protectant Paste as needed.

*Calazime Protectant Paste was previously known as “Calmocare.”*

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**Case study:**
7-6-04 Prior to starting treatment with Calazime Protectant Paste.
8-6-04 Skin shows marked improvement after one month.

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*Data on file*
Remedy™ Dimethicone Moisture Barrier

Designed as a long-lasting moisturizer and light moisture barrier. For breathable skin protection against moisture and irritation. Indicated for the treatment of itchy skin and discomfort associated with light incontinence or diaper rash caused by wetness, urine and/or stool. Ideal for irritated and discolored (but not broken) skin. *

Breathable protection
Remedy Dimethicone Moisture Barrier provides a breathable barrier that protects against moisture and treats the effects of diaper rash. Also protects chapped, cracked skin and helps relieve itching. Excellent for long-term use as a moisturizer on sensitive skin.

Protects against moisture loss
Designed to be used as a long-lasting moisturizer. Remedy Dimethicone Moisture Barrier protects the skin against damage related to dehydration and helps block excessive transepidermal water loss (e-TEWL).*

pH balanced
All Remedy products are pH balanced to help protect the skin’s acid mantle and its function as a barrier.

Active Ingredient:
Dimethicone (5%)

Other recommended products:
Start the cleansing process with any Remedy 4-in-1 cleansing product. Apply Remedy Dimethicone Moisture Barrier to the area that needs protection. If the skin is compromised, consider Remedy Nutrashield™ or Remedy Calazime® Protectant Paste.

MSC094514  Dimethicone Moisture Barrier, 4 oz.  12/cs
MSC094514H Dimethicone Moisture Barrier, 4 oz.  each

*Data on file

**To decide which Remedy Skin Protectant to use, please see flow chart on the back cover.
SKIN PROTECTANT

DIMETHICON MOISTURE BARRIER CREAM

WITH OLIVAMINE®

MOISTURIZES, NOURISHES AND PROVIDES PROTECTIVE MOISTURE BARRIER

- DOCTOR FORMULATED
- SCIENTIFICALLY PROVEN
- ADVANCED SKIN CARE

REORDER: MSC094514

CONTAINS 4 U.S. FL. OZ. (118 mL)
Remedy™ Clear-Aid™ Skin Protectant

Clear protective moisture barrier that also adheres to wet, macerated skin and allows for easy monitoring. Recommended for use in perineal area and lower extremities to protect against minor skin irritation and dryness.

An invisible ointment that shields the skin against excessive moisture from incontinence or wound drainage. Clear-Aid Skin Protectant acts as a protective moisture barrier, while some of its ingredients help absorb excessive moisture away from the skin.

Well-balanced skin protectant
Although its primary ingredient is white petrolatum, this ointment also delivers natural oils necessary for skin health, helping re-establish the stratum corneum.

Replaces several moisture barrier products
With Clear-Aid, you may not need additional skin protectants to address dry and wet skin. This product can be used on any type of skin, from reddened to denuded or macerated skin.

Easy to apply and remove
Clear-Aid contains safflower seed oil, which helps ease spreading and removal. Skin dragging is minimized. It is ideal for daily use.

Active Ingredient
White Petrolatum (50%)

Other recommended products:
Use a Remedy Cleanser, such as the foaming cleanser or cleansing lotion, then apply Remedy Clear-Aid™ Skin Protectant.

<table>
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Beyond the product, beyond the package

Medline supports education with a comprehensive program in wound care called The Compass Program: *Wound Care Prevention & Treatment*.

**The Wound Care Handbook**
For the wound care champion to help educate the staff.
- The one book that has it all—from the basics of wound care to industry guidelines

**Wound Images CD**
For educating your staff.
- 225 images sorted by wound care stages and types of wounds

**70 Patient Education Brochures**
A 2-minute course for patients on how to take care of their wounds.
- Pressure Ulcers
- Venous Ulcers
- Arterial Ulcers
- Neuropathic/Diabetic Ulcers
- Skin Tears

**The Wound Care Pocket Guide**
For the clinician at the bedside who is treating wounds.
- More than 120 pages of wound care information in an easy-to-use format
Compass is a practical hands-on resource to help you meet standards of practice, improve your care outcomes, reduce regulatory risk and be “survey ready” all of the time. There are three Compass programs ready for use in your facility – Incontinence, Wound Care and Diabetes. Each program includes a comprehensive system of educational aids, best-practice protocols and clinical tools.

**Compass Survey Readiness Tags F309/F314**
This program focuses on pressure and nonpressure related wounds. It offers clarification of surveyor guidelines along with easy-to-implement clinical tools and protocols.

**Compass Survey Readiness Tag F315**
This program is an incontinence management program patterned after our Wound Care Compass. It also includes components of our Fit Right Continence Program, which is a program from Medline that has one of the biggest financial impacts. Because of staffing and funding challenges, many nursing home residents are using the wrong type and size of incontinence product. This costs time, creates inefficiencies, compromises residents’ dignity and leaves facilities vulnerable to survey deficiencies. The Fit Right Continence Program provides the tools you need – detailed clinical and operational manuals, educational materials, automated financial reporting options and a full line of high-quality incontinence products – to ensure proper product selection and the best possible continence care for every resident.

**Healthy Skin – Improving care based upon CMS Guidelines**
At last, a magazine created just for today’s long-term care professionals with lots of useful articles written by your peers. Do you want to know what you need to do to comply with the latest CMS guidelines; or what’s new when it comes to F315 incontinence care…or maybe just an inspirational story from another facility that encourages excellence in care? You’ll find it all and more in Healthy Skin. Not to mention, the chance to earn one free contact hour of nursing credit in each issue.

“Our mission is to improve patient care and the quality of people’s lives by providing quality medical products with superior value to healthcare providers and end users”
Remedy™ Product Selection Guide

Prevention

- Dry, cracked, flaky skin
- Skin with odor

4-in-1 Cleansing Lotion (MSC094308)

Thin, torn skin or neuropathy
Skin Repair Cream (MSC094424)

Early Intervention

- Dry, cracked, flaky skin
- Skin with odor

4-in-1 Cleansing Lotion (MSC094308)

Shear, itchy abraded skin, Stage I
Dimethicone Moisture Barrier (MSC094514)

Late Intervention

- Dry, cracked, compromised skin
- High bioburden, compromised skin

4-in-1 Cleansing Lotion (MSC094308)

Cracked, denuded, partial thickness injury
Nutrashield (MSC094534)

Itchy, macerated, partial thickness injury
Calazime Protectant Paste (MSC094524)
Clear-Aid Skin Protectant (MSC094502)

Antifungal Treatment

- Prone to fungal infection, compromised skin

4-in-1 Antimicrobial Cleanser (MSC094204, MSC094208)

Skin layers, feet, perineal area
Antifungal Powder (MSC094603)

Perineal area, other body parts
Antifungal Cream (MSC094604)