

Keep It Clean

Top tips for looking good



An information leaflet
for young people with
spina bifida and/or
hydrocephalus

KEEP IT CLEAN Top tips for looking good

No one likes to be near somebody who doesn't smell fresh and clean, and no one likes to think they aren't nice to be near. So, how can we make sure we are doing everything to stop smells, both from our bodies and from anything else we might use or wear?

Hair

Greasy hair is unattractive; so is dandruff. Wash your hair with shampoo and rinse well at least once a week – get someone to help if you can't manage. Brush or comb your hair every day.

Teeth

Keep teeth sparkling and your breath sweet. Brush your teeth twice a day – don't rush it! – and visit the dentist every six months. Remember, healthy teeth are happy teeth!

Zits (or spots)

What teenager doesn't have them? Keeping your skin clean using soap and water will help. After washing and drying, use creams and lotions if you wish. Don't squeeze spots. Eating a healthy diet – lots of fruit & veg, and drinking water – will help keep your skin spot-free.

Body

A bath or shower every day is best. If this is impossible, a strip wash is better

than nothing. Remember armpits and groins – wash with soap and water and dry yourself thoroughly before using deodorant or body spray. Don't mask the smells, kill them!

Feet

There is nothing worse than smelly, sweaty feet! Soap and water may not be enough for some feet – you may need foot sprays or deodorant, but only AFTER you have washed.

Clothes

Clean clothes go on clean bodies. Dirty clothes look messy and stop you from looking clean and fresh. Pants and socks must be clean on every day – and wash that shirt after wearing it, don't just put it in the wardrobe.

More about clothes

Wash everything that is washable. Try to check washing instructions on clothes labels before buying.

Dry cleaning is expensive and will not be practical for every day trousers, skirts etc.

Remember those trainers! A session in the washing machine is usually OK and will stop the pong!

*For further advice and help, phone
ASBAH's Services department
on 01733-555988.*

DAILY CHECKLIST

Hair – Is it brushed or combed? Is it shiny clean?

Teeth – Did you brush them after breakfast? Do you use floss, toothpaste, mouthwash for all-day freshness.

Skin – Did you get enough sleep last night? Are you going to eat some fruit today? Did you wash your face with soap and water before slapping on the zit cream?

Bath or shower every day – Remember, the bugs that make you smell grow in sweat - especially in your armpits and groins. Give these areas an extra wash, followed by a sprinkling of talc or body spray.

Feet need special care to keep them free of smells and to prevent pressure sores. Wash daily with soap and water, dry thoroughly and then put on clean socks or tights.

If your feet are really smelly, try *Boots, Superdrug, Body Shop* or *Scholl* foot products.

Don't forget to put on clean underwear and clean socks every day. Don't put grubby clothes over clean clothes – if in doubt wash them.

The cover of your wheelchair cushion and/ or your bedding may need washing, especially if you are incontinent.

Keeping clean need not cost a lot of money. Forget the flashy TV adverts. "Own brand" soaps, shampoos, toothpaste, washing powders, etc, are just as good as any other and far less expensive.

Keeping clean costs time and effort, but isn't it worth it?



WOULD SIR LIKE A WAX AND SHINE ?... .

A HANDY CHECKLIST TO HELP YOU LOOK GOOD EVERY DAY

KEEP IT CLEAN – A DAILY ROUTINE

■ **Brush your hair. Keep it shiny clean.**

■ **Brush your teeth after breakfast for all-day freshness, and before bed.**

■ **Take care of your skin by getting enough sleep, drinking plenty of water and washing your face with soap and water before slapping on the zit cream.**

■ **Remember to bath or shower every day.**

■ **Look after your feet, checking carefully for pressure sores. Wash feet daily with soap and water, dry thoroughly and then put on clean socks or tights.**

■ **Don't forget to put on clean underwear and clean socks every day.**

■ **Don't wear dirty clothes over clean clothes - if in doubt wash them.**

■ **The cover of your wheelchair cushion and your bedding may need washing, especially if you are incontinent.**

Published by ASBAH,
42 Park Road,
Peterborough, PE1 2UQ.
Tel: 01733-555988. ASBAH
is a registered charity.

 **ASBAH**
Association for Spina Bifida and Hydrocephalus
Getting the most out of life