



HAPPENS: WIPING TIPS



6 Common Mistakes

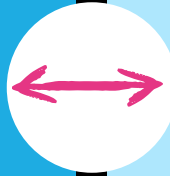


How to Correct Them



MISTAKE

Wiping back to front



CORRECT

If you have a vulva, ALWAYS wipe front to back

MISTAKE

Aggressively rubbing



CORRECT

Gently pat or wipe clean. Use wet toilet paper, moist wipes or water to clean as needed.

MISTAKE

Rushing and being in a hurry



CORRECT

Take your time to make sure you are clean and dry

MISTAKE

Not being thorough



CORRECT

Be sure to dab inside the vulvar folds first and finish off with the creases of the anus.

MISTAKE

Leaving "sticky" poop inside the opening of the anus



CORRECT

Gently open and relax your anus. Use wet toilet paper, water, or wipes to clean the residue

MISTAKE

Straining and pushing to empty a "poop pocket"



CORRECT

Use your finger to support your perineal tissue and back vaginal wall

