

# WASHING INSTRUCTIONS FOR THE DESCUTAN® WASH SPONGE (DOUBLE SHOWER)



**1** Remove watches, rings and other jewellery.



**2** Shower your whole body including your hair with water. Switch off the shower.



**3** Wash your hair with the soap solution in the bag. **NB!** Do not use Descutan® in the auditory canal - cotton wadding is recommended. Avoid contact with your eyes.



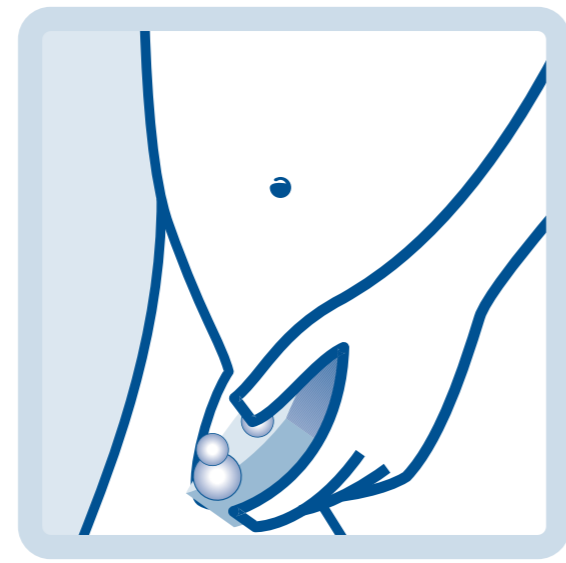
**4** Open the sponge package and fill with water to moisten the sponge. Wash your body with the sponge as instructed below.



**5** Wash your face. Be careful around the nose.



**6** Wash your torso, and pay special attention to your armpits and navel.



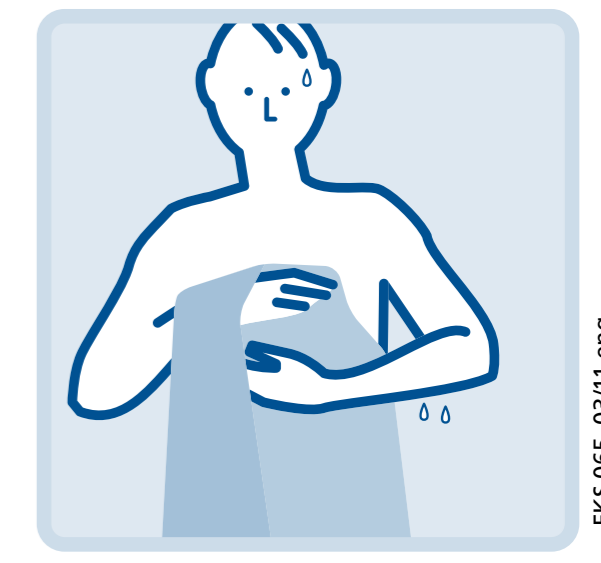
**7** On your lower trunk, legs and feet pay special attention to your genitals and groin.



**8** Rinse your whole body with water. Switch off the shower.



**9** Take a new sponge and soap solution and repeat the entire wash from steps 3 to 8.



**10** Dry your body with a clean towel.  
**11** Put on clean clothes. Put clean sheets on your bed.

**NB!** Once you have washed your body and hair with Descutan®, you must not shower with ordinary soap, shampoo or balsam, nor should you use skin lotion, as it can spoil the residual effect of Descutan®.