

# LIVESTRONG

## Let's Discuss Wet Wipes

According to **Nancy Chung, MD, a New York City-based gastroenterologist**, the skin around your posterior can be sensitive. Because of this, "it is best to avoid exposing the area to unnecessary fragrances and chemicals," Dr. Chung says. Unfortunately, many wet wipes contain chemicals, fragrances and perfumes, which Dr. Chung says can lead to itching, irritation and inflammation. Scented wet wipes or toilet paper can cause irritation, so Dr. Glass and Dr. Chung recommend opting for scentless tissue paper instead. Bidets — toilet attachments that use a stream of water to clean your posterior — come recommended by Dr. Chung.

Not only will they give you a deeper clean without irritating your behind, but bidets are also environmentally friendly and can save you the cash that you'd otherwise spend on TP, especially if you're using them in the long run. If you have sensitive skin, the scents and fragrances added to wipes can cause irritation, itching and inflammation, Dr. Chung says. "For day-to-day cleaning, less is generally more," Dr. Chung says. "But if you are using wipes specifically because you are having symptoms, such as itching or pain around the anus, then it's best to get checked out by a doctor to make sure that there isn't an underlying problem."

