



## How to avoid skin issues this wrestling season

### Skin Hygiene

- Shower after each practice as soon as you get home
- If you cannot shower within 20-30 minutes spray Skin Defense all over (including face) and rub in
  - Focus on areas where the skin has been compromised
- Use **Skin Defense** between matches at tournaments when showering is not possible



### Gear Hygiene

- Wash practice clothes and kneepads after each practice
- Spray head gear with Gear Cleanser after each practice and let it air dry
- Spray shoes after each practice with **Gear Cleanser**



### Potential Skin Issue?

- If you get a cut, mat burn, or any irritated skin spray **Antimicrobial Hydrogel** on the affected skin 3-5 times a day until issue is resolved  
\*Note: If the condition worsens or is not resolved within 2-3 days consult your healthcare provider.
- Skin Checks are Key - check skin often for any redness, flaky, itchy, or warm patches. The goal is to catch any skin condition early and tell the parent and coach, so appropriate treatment can begin.



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