



How to get Urine Smells out of Everything

The part of Caregiving no one warns you about.

Treat the Source First

(This Matters Most)

Use an enzyme cleaner on any urine spots

- Clothing, sheets, towels
- Mattress edges
- Upholstered chairs or couches
- Car seats, fabric recliners, reusable pads

Tip: Enzymes must air-dry fully to work.

Heat (dryers, hair dryers) can lock odors in.

That Still Smells After Washing

Add an enzyme laundry booster to the wash

Wash with warm (not hot) water

Air dry before using the dryer to confirm odor is gone

If the smell comes back when dry: That means uric acid crystals are still present — repeat enzyme treatment before re-drying.

You may need to soak the items in a tub of water with enzyme cleaner overnight.

Unwashable Items

(Mattresses, Furniture, Carpets)

Lightly mist enzyme spray (do not soak)

Allow to dry completely

Sprinkle baking soda after drying

Vacuum thoroughly

Best for:

- Mattresses
- Upholstered furniture
- Rugs & carpets
- Fabric wheelchairs or cushions

When Odors Are Frequent or Ongoing

Treat surfaces daily as needed

Wash bedding more often than clothing

Keep charcoal absorbers in place full-time

Accept that odor is not poor hygiene — it's part of illness

Freshen the Air

(Without Heavy Fragrance)

Run an air purifier with carbon + HEPA filter

Place near the bed or favorite chair

Run continuously on low setting

Use activated charcoal odor absorbers

- Bedrooms
- Bathrooms
- Closets with reusable pads
- Car interiors

Optional: Essential oil diffuser

- Use mild oils (lavender, eucalyptus, lemon)
- Low mist only
- Avoid if breathing sensitivity exists
- DO NOT trap animals, especially Cats, in rooms with diffusers. Certain Essential Oils will make them sick.

Prevention Matters More Than Cleanup

(An Ounce of Prevention Is Worth a Pound of Cure)

Once urine reaches a mattress, couch, or recliner, odor removal becomes harder, more expensive, and more exhausting. At this stage of illness, prevention is not a luxury — it is a necessary investment in comfort, dignity, and caregiver sanity.

- Use waterproof mattress protectors
- Cover upholstered furniture and recliners
- Layer protection
 - Mattress protector + washable pad on top
 - Chair cover + absorbent pad
- Protect before accidents become frequent

There is no shame in using tools that make this season gentler. Comfort and dignity matter — for your loved one and for you.

Julia ♥