

Your guide to healthy skin around your stoma



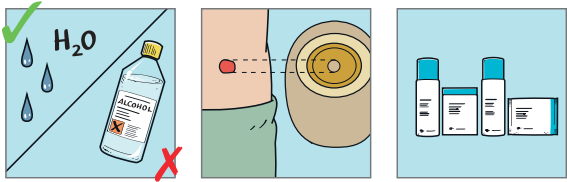
Your stoma appliance is designed to protect your skin from output (faeces or urine). The adhesive of your stoma appliance sticks best to healthy, clean and dry skin. This reduces the risk of leakage, which is one of the main causes of skin irritation.

Maintaining healthy skin is often simply about checking you are applying and removing your stoma appliance correctly and with the right frequency. The length of time between changes will vary for each individual.

Using the 'Apply Remove Check' process described here will help ensure you are in the right routine.

APPLY >

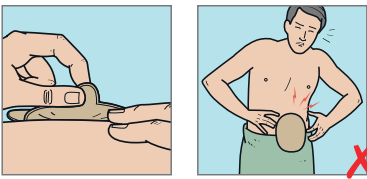
Applying to clean and dry skin keeps your stoma appliance securely in place to protect your stoma from leakage and skin irritation. The adhesive plate should fit snugly around your stoma. Accessories, such as seals or a paste, can help you achieve a snug fit.



REMOVE >

The stoma appliance needs to be removed gently to protect the skin around the stoma.

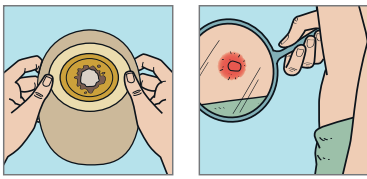
Pull down the removal tab to loosen the adhesive plate from the skin. Gently remove the adhesive plate by rolling it step by step downwards. Apply light pressure to your skin with your other hand. Regardless of your appliance-change routine, you must change your appliance if you feel itching or burning.



CHECK >

You can check your adhesive plate straight away but you should wait a few minutes before examining the skin it has been covering. If necessary, use a mirror to check your skin. If you experience one or more of the following signs, it may be because you need to change your appliance more often or use another appliance type:

- Erosion of the adhesive plate
- Leakage on the plate or your skin
- Irritated or discoloured skin around your stoma.



 Before use, always consult the "instructions for use" document delivered with the products.

What does healthy skin look like?

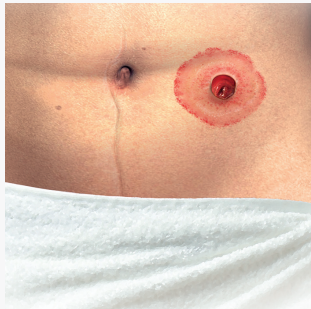
Healthy skin around your stoma looks the same as the skin on the rest of your stomach.



Did you know...

Skin irritations are commonly confused with allergy, which occur only very rarely

If you have an allergic reaction, the **entire** area that has been in contact with the adhesive will be irritated and discoloured, possibly also accompanied by stinging, itching and burning.

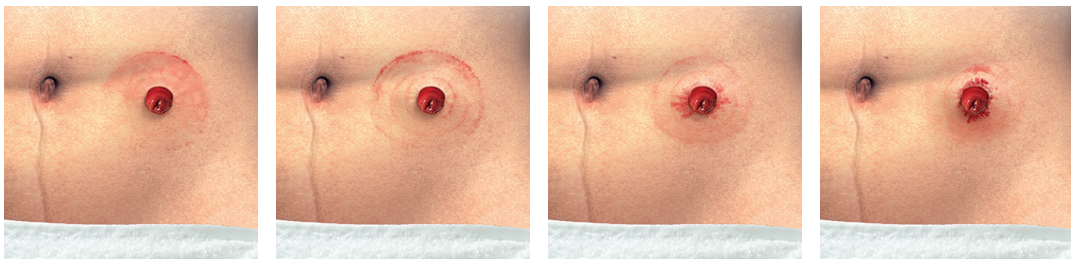


Preventing and treating skin irritation

Skin irritations are a common problem for people with a stoma. If you see any changes in the appearance and colour of the skin around your stoma compared to the skin on the rest of your stomach, you probably have a skin irritation.

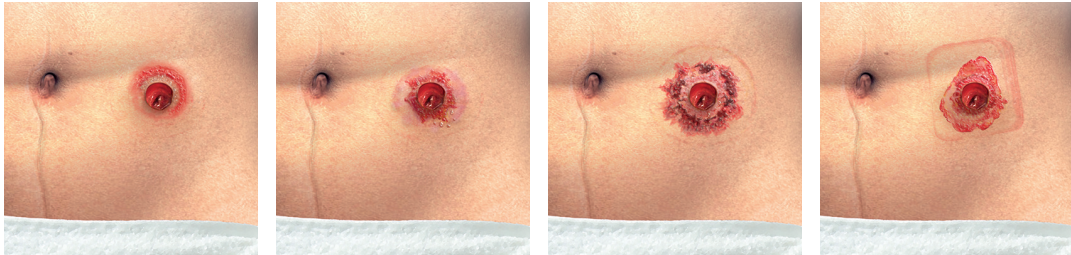
This guide has been designed to help you assess your skin so you can manage mild skin irritations and know when to seek help from your healthcare professional in case of more severe irritations.

Examples of mild skin irritations



These illustrations show four varieties of mild skin irritations. Usually mild irritations can be resolved by yourself (see reverse)

Examples of severe skin irritations



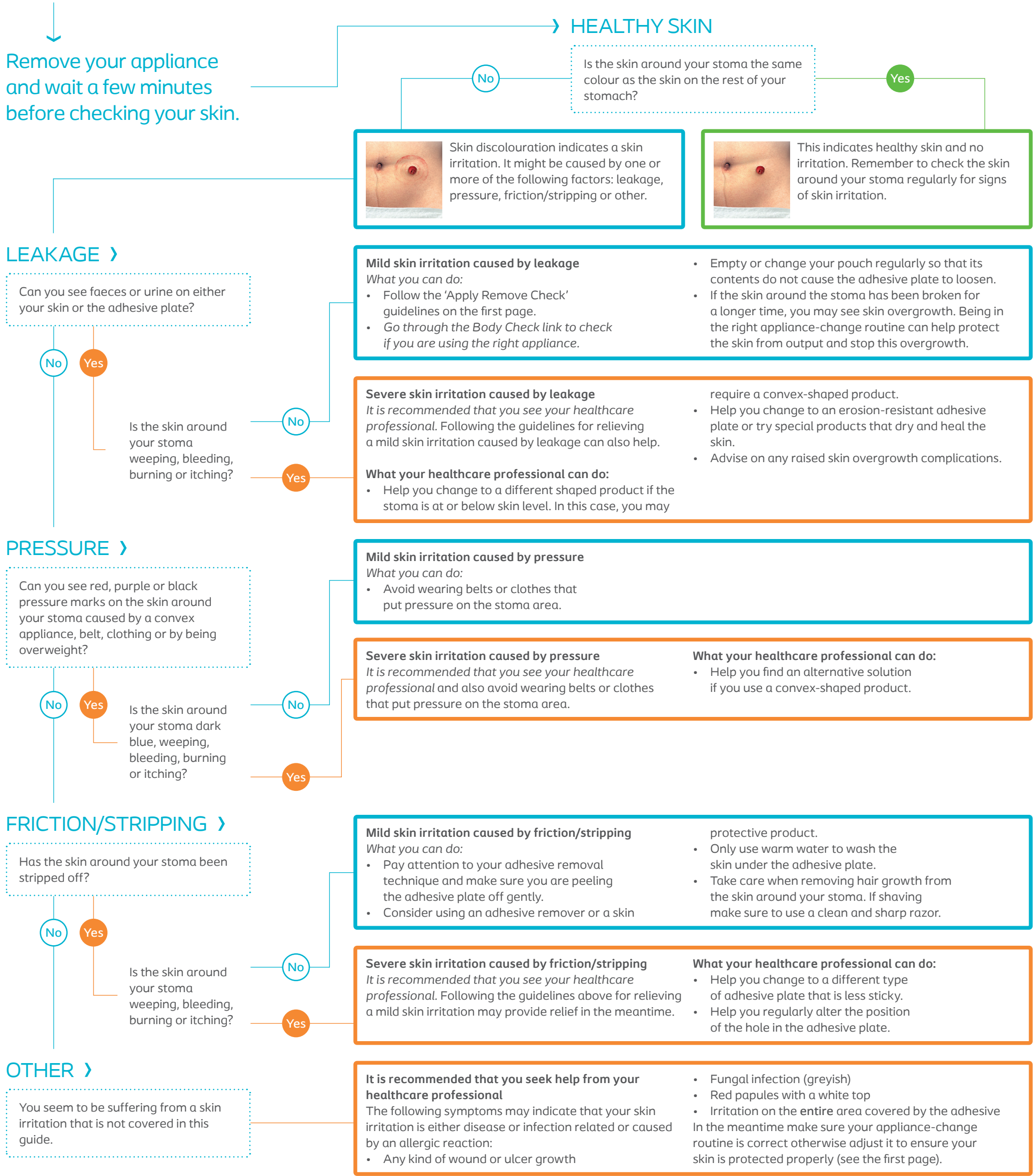
These illustrations show four varieties of severe skin irritations. Symptoms are dark blue/purple marks, weeping, bleeding, burning or itching skin around the stoma. To resolve this – help from a healthcare professional is required (see reverse).

The best way to prevent any irritations in the skin around your stoma is to regularly check your skin to confirm you are in the right appliance-change routine.

CONTINUE



Check the skin around your stoma for irritation



Please note! If your skin does not improve in 7-14 days after following this advice, seek help from your healthcare professional.

Tip: Taking pictures of your stoma area can help you determine whether your skin irritation is improving.

For more help: If you have any questions about using this guide or your appliance-change routine, please contact your healthcare professional or Coloplast® Care on **1800 431 297**