

Your guide to healthy skin around your stoma

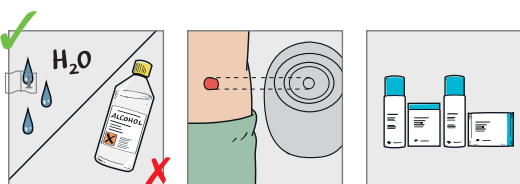
Proper application, removal and inspection of your barrier is important to maintaining healthy skin.

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 barrier securely in place to protect your stoma from leakage and skin irritation. The barrier should fit snugly around your stoma.

Accessories, such as rings or barrier strips, can help achieve a snug fit.

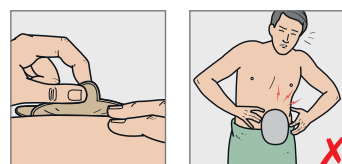


Before use, always consult the "instructions for use" document delivered with the products

Remove

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

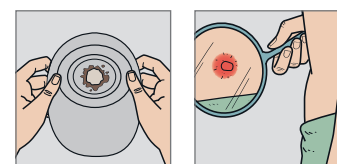
Pull down the removal tab to loosen the barrier from your skin. Gently remove the barrier by rolling it step by step downwards. Apply light pressure to your skin with your other hand. Regardless of your pouching system-change routine, you must change your pouching system if you feel itching or burning.



Check

Check your barrier right away but wait a few minutes before examining your skin. If necessary, use a mirror to check your skin. If you experience one or more of the following signs, please consult your Wound Ostomy Continence (WOC) nurse.

- Erosion of the barrier
- Leakage on the barrier or your skin
- Irritated or discolored skin around your stoma, that does not go away in a few minutes



What does healthy skin look like?

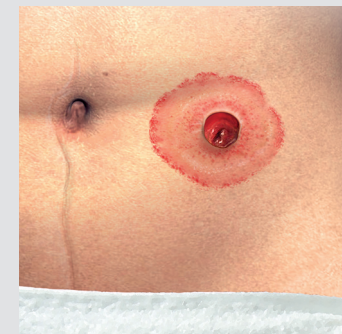
Healthy skin around your stoma looks the same as the skin on the rest of your stomach.



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 barrier will be irritated and discolored, possibly also accompanied by stinging, itching and burning.

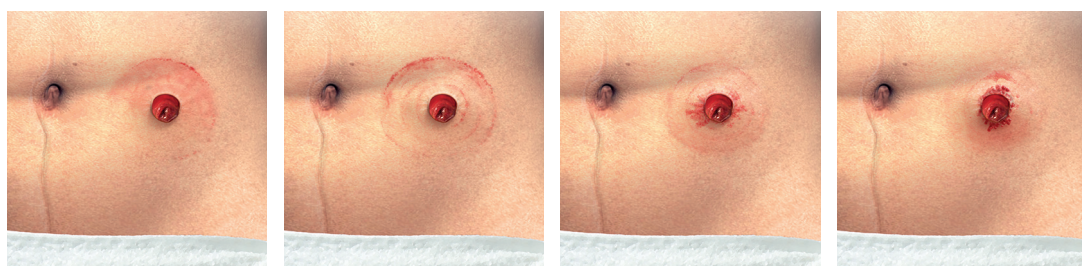


Preventing and treating skin irritation

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

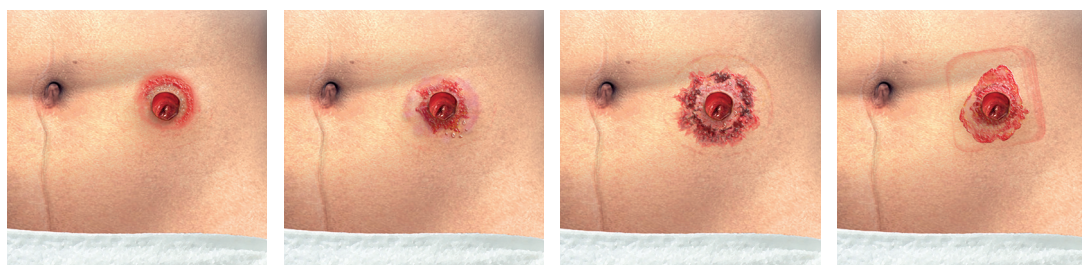
This guide has been designed to help you assess your skin so you can manage mild skin irritations and know when to seek help from your healthcare professional in case of more severe irritations.

Examples of mild skin irritations



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

Examples of severe skin irritations



The 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 on the skin around your stoma is to regularly check your skin to confirm you are in the right pouch system-change routine.

Continue

Check the skin around your stoma for irritation

Start here

Remove your pouching system and wait a few minutes before checking your skin

Healthy skin

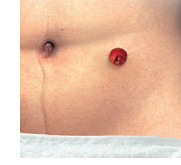
Is the skin around your stoma the same color as the skin on the rest of your stomach?

No

Yes



Skin discoloration indicates skin irritation. It might be caused by one or more of the following factors: leakage, pressure, friction/stripping or other.



This indicates healthy skin and no irritation. Remember to check the skin around your stoma regularly for signs of skin irritation.

Leakage

Can you see feces or urine on either your skin or the barrier?

No

Yes

Is the skin around your stoma weeping, bleeding, burning or itching?

No

Yes

Mild skin irritation caused by leakage

What you can do:

- Change your barrier regularly.
- Follow the 'Apply - Remove - Check' guidelines on the reverse.
- Visit BodyCheck™ to see if you are using the right pouching system: <http://bodycheck.coloplast.us/>

- Empty or change your pouch regularly so that its contents do not cause the barrier to loosen.
- Being in the right pouching system-change routine can help protect the skin from output.

Severe skin irritation caused by leakage

It is recommended that you see your healthcare professional. Following the guidelines for relieving a mild skin irritation caused by leakage can also help.

What your healthcare professional can do:

- Help you change to a different shaped barrier if the stoma is at or below skin level. In this case, you may require a convex-shaped product.
- Help you change to an erosion-resistant barrier or try special products that dry and protect the skin, such as an ostomy powder and barrier wipe.
- Advise on any raised skin overgrowth complications.

Pressure

Can you see red, purple or black pressure marks on the skin around your stoma caused by a convex barrier, belt, clothing or by being overweight?

No

Yes

Is the skin around your stoma dark blue, weeping, bleeding, burning or itching?

No

Yes

Mild skin irritation caused by pressure

What you can do:

- Loosen current ostomy belt to avoid excessive pressure around stoma.

Severe skin irritation caused by pressure

It is recommended that you see your healthcare professional and also avoid wearing belts or clothes that put pressure on the stoma area.

What your healthcare professional can do:

- Help you find an alternative solution if you use a convex-shaped product.

Friction/stripping

Has the skin around your stoma been stripped off?

No

Yes

Is the skin around your stoma weeping, bleeding, burning or itching?

No

Yes

Mild skin irritation caused by friction/stripping

What you can do:

- Pay attention to your barrier removal technique and make sure you are peeling the barrier off gently.
- Consider using an adhesive remover or a protective skin product.

- Only use warm water to wash the skin under the barrier.
- Take care when removing hair growth from the skin around your stoma. If shaving make sure to use a clean and sharp razor.

Severe skin irritation caused by friction/stripping

It is recommended that you see your healthcare professional. Following the guidelines above for relieving a mild skin irritation may provide relief in the meantime.

What your healthcare professional can do:

- Help you change to a barrier more appropriate for your skin situation.
- Help you identify potential errors in fitting.

Other

You seem to be suffering from a skin irritation that is not covered in this guide.

It is recommended that you seek help from your healthcare professional

The following symptoms may indicate that your skin irritation is either disease or infection related or caused by an allergic reaction:

- Any kind of wound or ulcer growth

- Fungal infection
 - Red papules with a white top
 - Irritation on the entire area covered by the barrier
- In the meantime, make sure your pouching system-change routine is correct otherwise adjust it to ensure your skin is protected properly (see reverse).

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 pouch system-change routine, please contact Coloplast® Care at 1-877-858-2656 or your healthcare professional.