

Your guide to healthy skin around your stoma

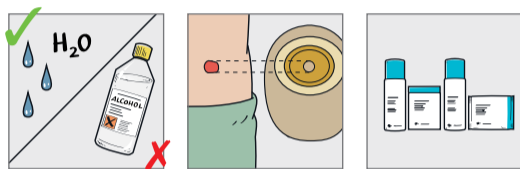
Your stoma appliance is designed to protect your skin from output (faeces or urine). The adhesive of your stoma appliance sticks best to healthy, clean and dry skin. This reduces the risk of leakage, which is one of the main causes of skin irritation.

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 rings or a paste, can help you achieve a snug fit.

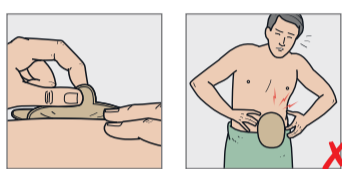


Before use, always consult the "instructions for use" document delivered with the products

Remove

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

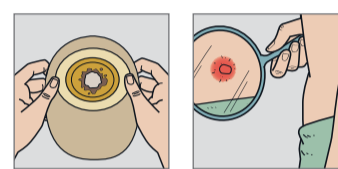
Pull down the removal tab to loosen the adhesive plate from the skin. Gently remove the adhesive plate by rolling it step by step downwards. Apply light pressure to your skin with your other hand. Regardless of your appliance-change routine, you must change your appliance if you feel itching or burning.



Check

You can check your adhesive plate straight away but 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



What does healthy skin look like?

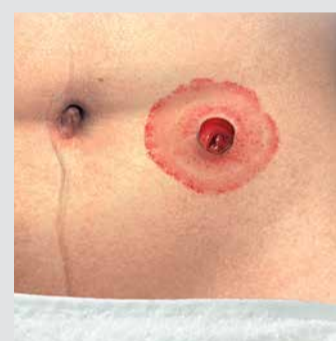
Healthy skin around your stoma looks the same as the skin on the rest of your stomach.



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.

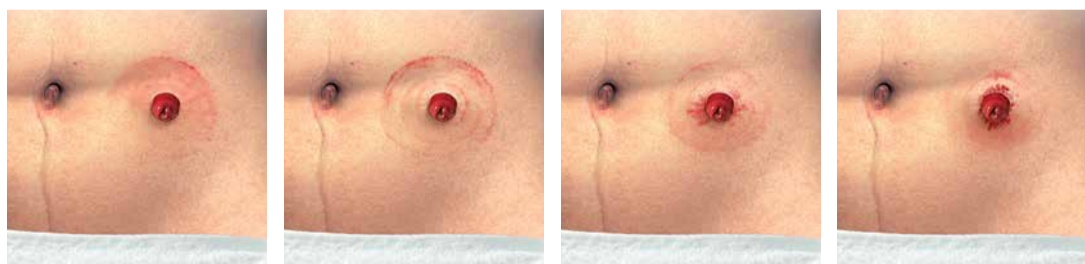


Preventing and treating skin irritation

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.

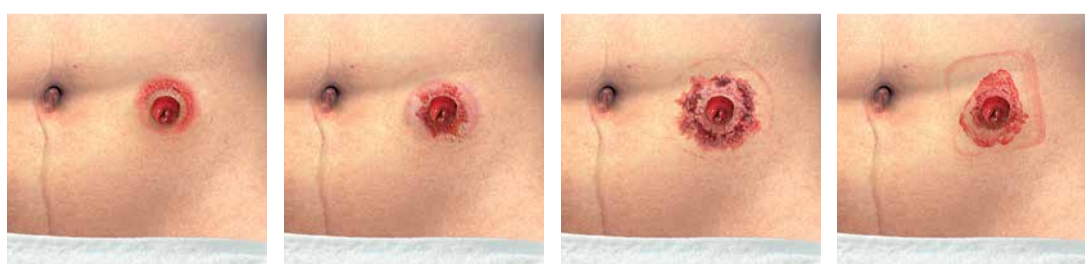
This guide has been designed to help you assess your skin so you can manage mild skin irritations and know when to seek help from your healthcare professional in case of more severe irritations.

Examples of mild skin irritations



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 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

Start here

Remove your appliance and wait a few minutes before checking your skin

Healthy skin

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

No

Yes



Skin discolouration indicates a 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 faeces or urine on either your skin or the adhesive plate?

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:

- Follow the 'Apply Remove Check' guidelines on the reverse.
- Go through the [Body Check](#) link to check if you are using the right appliance.

- Empty or change your pouch regularly so that its contents do not cause the adhesive plate to loosen.
- If the skin around the stoma has been broken for a longer time, you may see skin overgrowth. Being in the right appliance-change routine can help protect the skin from output and stop this overgrowth.

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 product 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 adhesive plate or try special products that dry and heal the skin, such as ostomy powder or Aloe Vera gel above 90%, or prescribe gentian violet if the skin is broken with discharge or bleeding.
- 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 appliance, 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:

- Avoid wearing belts or clothes that put pressure on the stoma area.

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 adhesive removal technique and make sure you are peeling the adhesive plate off gently.
- Consider using an adhesive remover or a protective skin product.

- Only use warm water to wash the skin under the adhesive plate.
- 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 different type of adhesive plate that is less sticky
- Help you regularly alter the position of the hole in the adhesive plate

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 (greyish)
 - Red papules with a white top
 - Irritation on the entire area covered by the adhesive
- In the meantime make sure your appliance-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 appliance-change routine, please contact your healthcare professional or [Coloplast® Care](#) on xxxxxxxx.