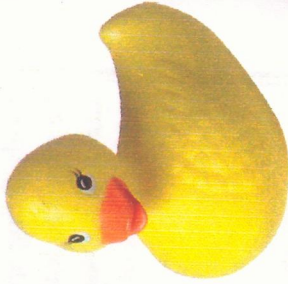


## Hints & Tips

- ✎ Certain foods e.g. spicy foods make the stoma output more acidic, which on contact with the skin can cause problems.
- ✎ A hole in the pouch or flange that is too large allows faeces to accumulate on the skin, causing soreness and maybe fungal infection.
- ✎ If the hole is too small the appliance may get wet. It then won't stick and faeces can creep under the seal, causing soreness and leakage.
- ✎ If your skin becomes spotty and itchy under the adhesive you may need to try a different appliance.
- ✎ If your skin is red and irritable a barrier cream can be used, these are greasy so please make sure it is all wiped off, before fitting your new appliance.
- ✎ Ostomy powders (not talcum) should only be used on broken skin, as there again, your appliance will not stick to your skin if the excess is not removed. A wafer can be placed over the broken area, and left for at least 24 hours, use a drainable pouch if a closed one is normally used.

✎ Hot weather can cause a sweat rash underneath the plastic, let the air circulate.



✎ Do not be afraid of exposing your stoma to a bath or shower, providing the suture lines are healed, they love water.

✎ DO NOT use bath oil, olive oil, vaseline, fragrant bubble bath, shower gel or scented soap, they may be too severe.

✎ Why create problems? Stick to plain warm water.

✎ DO NOT use skin wipes on broken skin as the majority of them contain alcohol. OUCH!!!

Written by  
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**Fittleworth**  
Medical Limited

*committed to caring  
and cutting out the fuss*

*Produced by Fittleworth, an  
independent supplier of all  
prescribable ostomy items,  
who may be contacted on*

**0800 378 846**

# Skin Care



ooking after the skin around your  
oma is very important. This skin  
ust remain healthy in order for  
ur appliance to stick securely and  
mfortably.

ood skin care starts even before your  
eration takes place. Correct siting of  
e stoma is essential, to enable you to be  
e to see and reach your stoma  
mfortably.

ur Stoma Care Nurse will talk to you  
out prior to the operation  
enever possible. She will also be  
ailable to give you instructions on the  
pper use and fitting of your appliance  
the days following surgery.

## Leakage

you do experience any leakage your skin  
i become sore, inflamed and irritable.  
is can lead to further problems as there is  
empration to eat less, to avoid excess  
faecation and frequent appliance changes.  
or nutrition can slow the healing process.  
e special adhesive used on your appliance  
here to help protect your skin by  
uring that it does not come into contact  
h the output from your stoma. If contact  
es occur, the skin can become sore and  
oken. There are powders available on  
scription, which will help clear up sore  
n, but if the situation continues you  
ould seek the advice of your Stoma Care  
urse, as there may be an underlying cause  
the sore skin.

## Allergies

It is possible to develop an allergy to the adhesive used on your appliance or to other skin care products you are using.

If the skin around your stoma should become red, itchy or inflamed, it may be a good idea to change any skin product or cleanser you are using.

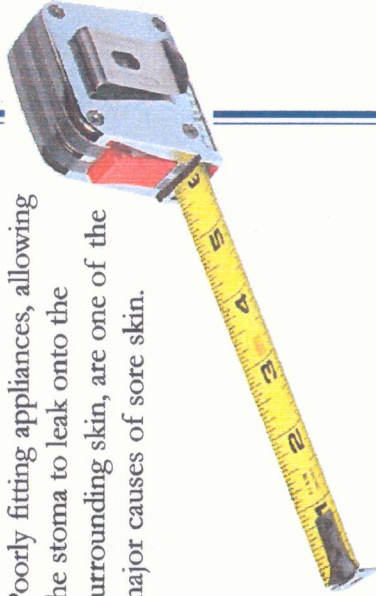
It is a good idea just to use plain water to cleanse the affected area. Don't use soaps, antiseptic lotions or moisturised wipes as these may be the cause of the allergy.

If you suspect that you have an allergy, you should contact your Stoma Care Nurse and she will be able to examine your skin and advise on other suitable appliances for you to try.



## Measuring your Stoma

Poorly fitting appliances, allowing the stoma to leak onto the surrounding skin, are one of the major causes of sore skin.



Stomas do change in size, particularly at the time when they are first formed and you are just getting used to them.

To prevent sore skin your appliance must fit snugly and you should check the measurement regularly to ensure that you have the right size hole cut in the adhesive.

If your stoma is not a standard shape or size you can send a template to us at Fittleworth. We have experienced cutters, who will cut your appliances to exactly the right fit for your individual requirements.

The hole in the template should just be slightly larger than the size of the stoma, but it should not touch it.

If you are unsure about measuring the stoma yourself or preparing a template, ask your Stoma Care Nurse for help.

