# Ileostomy Care at Home

Stoma Skin Soul



Dansac products are designed for ease of use and to promote a healthy skin environment. Keeping the skin around your stoma healthy can help you feel more comfortable and confident in everything you do.

## Skin health advice

The area around your stoma, where your adhesive skin barrier is placed is called the peristomal area. It is important that this area of skin is kept clean and protected from stoma output. The stoma is red and moist; there are no nerve endings in the stoma and therefore no sensation.
It is normal to see some blood on your soft cloth when you are cleaning around the stoma.

You will need:

- Disposal bag
- Dry wipe for cleaning and drying
- Warm water for cleaning
- New pouch and/or skin barrier
- Scissors for cutting the adhesive skin barrier (if required)
- Any accessories you may use



Dampen a few dry wipes in lukewarm water. Clean around your stoma and surrounding skin thoroughly.



It is important that the skin surrounding your stoma is completely dry before putting on a new adhesive skin barrier and/or pouch.

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# Changing a 1-piece pouch



After you have measured your stoma, use the stoma guide or template to transfer the size and shape of your stoma onto the cutting guide of the adhesive barrier.




Cut the barrier as measured by the stoma guide. Adjust the starter hole with small scissors taking care to follow the outside edge of the marking.



Use your fingers to start and remove the skin barrier. It may be useful to use some damp cloths to moisten the edges of the barrier.



Gently remove the pouch: tighten the skin on your abdomen by pressing it with one hand, while you carefully remove the adhesive barrier. Once removed clean with warm water and thoroughly dry the skin around the stoma.



To apply the new pouch, remove the protective covering from the adhesive barrier immediately before application.



Place your pouch on by positioning the adhesive barrier on the skin immediately below your stoma.



Press the skin barrier with your fingers to ensure it is securely in place.



Wash your hands after changing.

# Changing a 2-piece pouch




After you have measured your stoma, use the stoma guide or template to transfer the size and shape of your stoma onto the cutting guide of the adhesive skin barrier.




Adjust the starter hole with small scissors taking care to follow the outside edge of the marking. Make sure the hole fits snugly to your stoma. Cut the barrier as measured by the stoma guide.



Gently remove the pouch, tighten the skin on your abdomen by pressing it with one hand, while you carefully remove the adhesive barrier. Once removed clean with warm water and thoroughly dry the skin around the stoma.




To apply the new skin barrier, remove the protective covering from the adhesive barrier immediately before application.



Position the adhesive barrier over your stoma. Press the barrier with your fingers from the centre to the edge to ensure it fits securely.



Click the pouch onto the barrier. Use your fingers all the way around to make sure the pouch is attached to the barrier.



Double check that the pouch is securely connected to the barrier ring by gently pulling at the pouch.



Wash your hands thoroughly after changing.

For further information visit us at **www.dansac.com.au** or **www.dansac.co.nz**

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# Tips for daily stoma care

Stoma Skin Soul

## Measure your stoma regularly

Your stoma may be oedematous (swollen) immediately after surgery and during the next few weeks. The swelling gradually reduces so it is important that you frequently measure the size of your stoma. A measuring guide is supplied in each box of pouches. It is good practice in the first 6 weeks to regularly measure your stoma.

If you need help with this, contact your stoma care nurse.



## Skin health

It is important the skin around the stoma area remains in good condition. If the skin around the stoma becomes uncomfortable, itchy, red or sore, this may indicate some seepage of the stoma output onto the skin. You may need to contact your stoma care nurse if the problem is ongoing.

# Feeling comfortable in your own skin

For more information, call Customer Engagement on 1800 880 851 (Australia) or 0800 678 669 (New Zealand).


**Dansac Australia**
PO Box 375
Box Hill, Victoria 3128
www.dansac.com.au

**Dansac New Zealand**
PO Box 62-027
Mt Wellington, Auckland
www.dansac.co.nz


WARNINGS
Reuse of a single use product may create potential risk to the user such as poor adhesion. Reprocessing, cleaning, disinfection, and sterilisation may compromise the product. This may result in odour or leakage. Ensure proper fit as instructed. If the barrier opening is incorrect or leakage occurs, skin damage may occur (e.g., irritation, broken skin, rash, or redness). This may decrease wear time.

Notes:
Please note that the individual represented on the back of this material is not the same individual representing the application of the product. To help ensure proper adhesion, apply to clean, dry intact skin. Do not use oils or lotions. These products may interfere with adhesion. Product fit is affected by many factors such as stoma construction, stoma output, skin condition, and abdominal contours. Contact a stoma care nurse or healthcare practitioner for help with the ostomy pouching system or skin irritation. In case of serious injury (incident) in relation to your use of the product, please contact your local distributor or manufacturer, and your local competent authority. For more information, see www.dansac.com/authority or local distributor.

The information contained in this brochure is provided as general information only and is not intended to be medical advice. Please see our website for the most up to date information, as guidance can and does sometimes change. Always follow product Instructions For Use and ask your health care professional for more information.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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