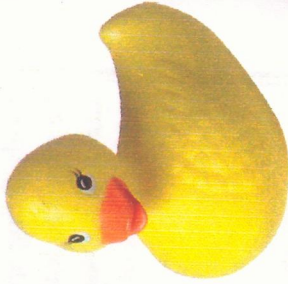


## Hints & Tips

- ✎ 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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## Skin Care

