

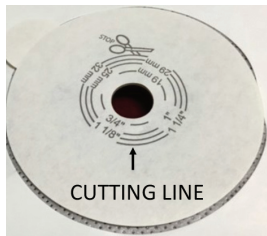
# Ostomy Problem Solving Guide

Helpful Hints & Tips for Assessing the Stoma

## PROBLEM: Irritation/Adhesion Problems Around the Stoma

### SOLUTION #1 | Ensure correct fitting of 2-piece wafers or 1-piece appliances.

Re-measure the stoma periodically to ensure the correct flange size and/or stoma opening is being used. A stoma measuring guide is provided in each box of 2-piece wafers and 1-piece appliances. Use the measuring guide to check the exact stoma size. A new stoma will usually shrink in the first 6 to 8 weeks following surgery, which may require a change in the opening of the wafer.



Never cut outside the cutting line

**TIP:** Flange size is the diameter of the plastic flange on 2-piece pouches and skin barriers. Stoma size is the diameter of the stoma. There should always be at least a 1/2" of hydrocolloid between the stoma and the plastic flange. If using a cut-to-fit appliance, never cut outside the recommended cutting line.

### SOLUTION #2 | Check to see that the wafer is adhering properly to the skin.

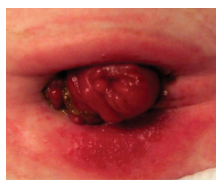
Poor adhesion can lead to skin irritation and leakage. Maintaining good skin integrity is paramount. There are a number of factors that can contribute to poor adhesion, including: changes in the patient's body weight, poor hygiene, sweating, soaps (especially scented) and medications.

Ensure the skin is dry before applying the wafer. Help protect the peristomal skin by using a skin barrier such as the No-Sting Wipe or No-Sting Spray. Use an ostomy accessory, such as paste or hydrocolloid skin barrier strips, to fill in gaps around the stoma.

**TIP:** Use a stoma powder to absorb moisture from broken skin around the stoma, which allows for better barrier adhesion to help protect the skin.



Healthy Peristomal Skin



Irritated

### SOLUTION #3 | Assess the stoma to determine if the appropriate wafer type is being used.

If leakage is occurring around a flush or inset stoma and a flat wafer is being used, try using a convex type of wafer. The more the stoma protrudes over the flange edge, the less chance there is of leakage. In some cases, stoma retraction occurs, meaning the stoma is flush or inset below the skin level. A retracted stoma can be problematic because stool or urine can leak underneath the wafer, resulting in skin irritation and adhesion problems.



Retracted Flush/Inset Stoma



Protruding Stoma

**TIP:** Convexity may be indicated if the stoma is either flush, inset, or protruding less than 1/2" from the abdomen.

A convex wafer has an outward curve that will assist in making the stoma protrude more so the stool or urine is emptying into the pouching system.



If convexity does not address the issue, then using a 1-piece flexible pouching system — such as a flat 1-piece system — may help achieve better conformance and adherence to the uneven skin surface. The elimination of the rigidity from the flange and convexity will help mold the appliance to the skin.

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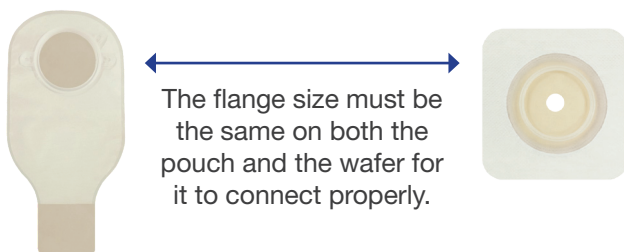
## PROBLEM: Irritation/Adhesion Problems Around the Stoma

Each ostomate's body is unique and so is the fit of their ostomy pouching system. Incorporating *Securi-T USA ostomy accessories\** may help to address many of the problems related to irritation and adhesion.

- Make sure skin is 100% dry when applying a new appliance
- Do not use lotions or creams in the area of the appliance as it will reduce appliance adhesion
- Do not use baby wipes to clean the skin surrounding the stoma. We recommend using *Securi-T USA no sting adhesive remover wipes* to remove adhesive residue. *Securi-T USA no sting adhesive remover wipes* will also act as a protective layer between skin and appliance
- Stoma paste is only good for caulking and filling in gaps. It is not made to make the appliance adhere better. To fill in irregularities in the skin surrounding the stoma, it is best to use *Securi-T USA conformable seals*. The seals create protection at the base of the stoma which helps minimize leakage
- The pouch should be emptied when it is 1/2 full. If the pouch is not emptied regularly, it can come loose from the skin due to the heaviness
- When applying, it is helpful to hold the skin smooth to avoid wrinkles under the appliance. This will help the appliance adhere to the skin. Use fingertips to smooth the hydrocolloid material so the wafer meets the skin
- In some instances medication can cause a change in appliance adherence
- Appliances should be removed from the skin gently to avoid stripping which can cause severe irritation. We recommend using *Securi-T USA adhesive remover* for easy appliance removal



\*Please reference the *Securi-T USA accessories* handout for more information on how accessories can make a positive difference



The flange size must be the same on both the pouch and the wafer for it to connect properly.

### Make Sure the Proper 2-Piece Wafer and Pouch System is Selected

When selecting a *Securi-T USA* 2-piece wafer and pouch system, always make sure you are selecting the same size flange for both the wafer and the pouch. By referencing the last 3 digits of the wafer and pouch it's easy to identify that the correct products are being used together correctly. (See example at left.) There are 3 different size flanges available: 1 3/4", 2 1/4" and 2 3/4".

#### PRODUCT NUMBER EXAMPLE

POUCH	WAFER
<b>7209134</b> 134 = 1-3/4" flange	<b>7404134</b> 134 = 1-3/4" flange
<b>7212234</b> 234 = 2-3/4" flange	<b>7205234</b> 234 = 2-3/4" flange

# Securi-T USA

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