

Tips for keeping your skin healthy



Do

- Always clean your skin with warm water
- Change your pouch **system** routinely
- Resize your template regularly
- Keep your routine simple
- Inspect your skin every time you change your bag
- Remove your pouch **system** carefully
- Tell your Stoma Care Nurse if you are taking other medication
- Keep in touch with your Stoma Care Nurse



Don't

- Use soap or other solutions to wash your skin
- Wait for your pouch to leak
- Add in **unnecessary** accessories to your stoma care routine
- Pull your bag off too quickly
- Ignore any changes in your skin around your stoma, however small
- Try and manage your stoma care problems alone – contact your Stoma Care Nurse

We would like to acknowledge the help and support of Jo Hoeflok (Enterostomal Therapy Nurse, Canada) in developing the content for this document.



Taking care of your stoma and the surrounding skin is important

We know that most people don't know when there is a problem. This TAKE A LOOK card will help you to check your stoma and your skin: it tells you what is normal and what is not normal.

Take a look at what's NORMAL



Your skin should be:

- Dry
- No rash
- No redness
- No flakiness

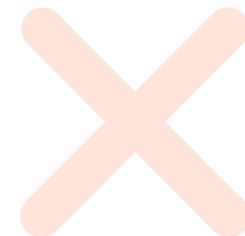


Take a look at what's NOT NORMAL



Does your skin have one or more of these?

- Rash
- Redness
- Wet or flaky
- Itchy
- Burning
- Painful



If you have any worries about your stoma or the skin around your stoma, call your Stoma Care Nurse to TAKE A LOOK.

Key Contacts and Customer Care

XXXXXX XXXXXXXX

Your Nurse:

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Telephone number:

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Please contact Customer Care during the hours of:

Monday - Friday:
8.30am to 5pm

Your TAKE A LOOK tip

