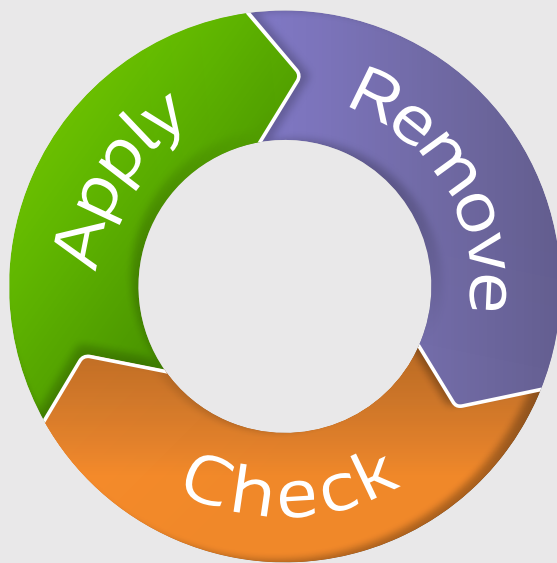


Optimise your fit with
Apply – Remove – Check





The foundation for a good appliance-change routine

Apply, Remove, Check (ARC) is a simple three step process to help you find an appropriate appliance-change routine with adequate changing frequency – to help you maintain healthy peristomal skin.

Apply

A correct appliance-change routine starts with the proper application of your baseplate.

Keeping skin healthy

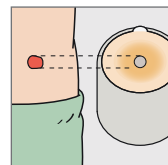
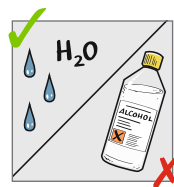
Applied properly, your product will do a much better job of protecting the skin around your stoma against stoma output, a major cause of irritation.

A snug fit is key

To secure optimal adhesion the baseplate should be applied to clean and completely dry skin. Clean water is sufficient for the cleaning of your stoma and skin around it.

When it comes to fitting your adhesive plate, the hole should be cut for a snug fit to your stoma, not too loose and not too tight. Apply the adhesive around the stoma. To ensure a good fit, fold the bag backwards, press firmly against the skin starting at the bottom and smoothing upwards with your fingers, taking a lot of care to avoid getting any moisture from the stoma on the adhesive. Make sure the adhesive has proper skin contact especially in the inner zone.

If you're having difficulties, supporting products such as a seal can be helpful.



Stomas change

Over time your stoma may change in shape and size. This is common and simply means that you need to adjust your cutting template accordingly. In order to make sure you're applying optimally, check the size and shape of your stoma periodically, especially if you have a hernia.

You should always contact your Stomal Therapy Nurse if you are in doubt or notice any changes in the surface of your stoma.



Before use, always consult the 'Instructions for Use' document delivered with the products.

Remove

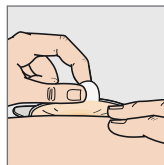
To protect your skin, it's important to use the right technique to remove your appliances gently.

Remove gently

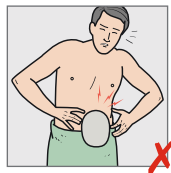
Regular appliance changes and gentle removal will help protect the skin around your stoma, keeping it healthy and free from irritation.

If you are using a drainable pouch and have liquid output, it is recommended that you empty the pouch before removal.

Pull down the removal tab to loosen the adhesive from your skin. Gently remove the adhesive by rolling it step by step downwards. Apply light pressure on your skin with your other hand. An adhesive remover may be useful if you need a little extra help.



Regardless of your appliance change routine, you must change your appliance if you feel discomfort such as itching or burning, as it may be a sign of leakage under the baseplate.

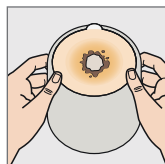


Check

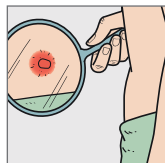
A quick examination of your skin and adhesive will reveal if you are in the right routine. But first you need to know which symptoms to be aware of.

What to check for

It is important that you check if the adhesive is eroded and if there is presence of stoma output. Then – perhaps with the help of a mirror – examine the skin around your stoma and see if there is any redness or damage. It may be that the pattern of the irritation mirrors what you saw on the adhesive.



Signs of skin damage or eroded adhesive may indicate that your appliance was not applied properly, but it could also indicate that you need to change your appliance more often, or select an appliance type better suited to the shape of the area around your stoma.



Avoid a vicious cycle

Contact between stomal output (faeces or urine) and the skin may cause irritation. If your skin becomes irritated the adhesive baseplate won't attach properly, leading to more leaking of output. A vicious cycle of leakage and skin irritation can develop. If your skin is irritated you should consult your Stomal Therapy Nurse.

Use your ARC Diary to track your appliance changes to determine the right routine for you

To receive your copy, please call

1800 653 317 (AU) Coloplast

0800 265 675 (NZ) Ebos

How to recognise skin irritation

Skin irritations are a common problem for people with a stoma. If you notice any changes in the appearance and colour of the skin around your stoma compared to the skin on the rest of your stomach, you probably have skin irritation.

The right solution with the right appliance-change routine is your best defence against leakage in order to prevent skin irritation and maintain healthy skin around your stoma.

What does healthy skin look like?



When you have a stoma, it can often be difficult to know the difference between normal, healthy skin, skin that has mild irritation and skin that needs the attention of your Stomal Therapy Nurse.

Here is an example of normal, healthy skin around a stoma. Whatever your skin colour, the area around the stoma should look the same as the rest of the skin on your abdomen.



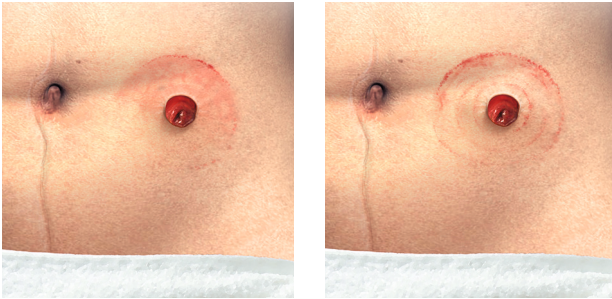
Did you know?

Skin irritations are commonly mistaken for much rarer allergies

If you have an allergic reaction, the entire area that has been in contact with the adhesive will be irritated and discoloured, possibly also accompanied by stinging, itching and burning.

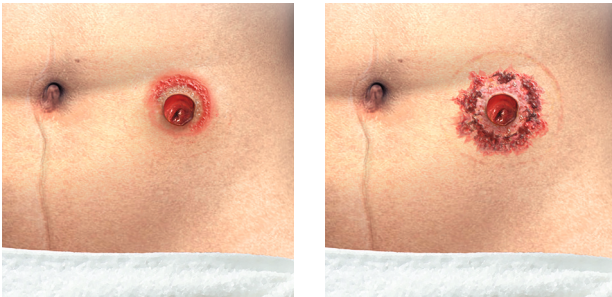
How to evaluate the irritation

Mild skin irritation can possibly be resolved by yourself. However, in cases of more severe skin irritation, the advice of your Stomal Therapy Nurse should be sought.



Mild skin irritation

Here are two varieties of mild skin irritation.



Severe skin irritation

Symptoms of severe skin irritation include dark blue/purple marks, weeping, bleeding, burning or itching skin around the stoma. ***Help from your Stomal Therapy Nurse is required.***



When it comes to feeling secure, *the fit is the difference*

SenSura Mio with BodyFit Technology sticks quickly to your skin while flowing into all creases and folds. This makes application easier and helps minimise the risk of leaks, while still being easy to remove without irritating your skin.

Find out more about SenSura Mio

 1800 653 317 (AU) Coloplast

 0800 265 765 (NZ) Ebos

Watch our videos on how to use SenSura Mio

 <http://coloplast.to/AU-Videos>

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology