## **OSTOMY CARE TIPS**

# Where a Soft Convex Skin Barrier May Improve Fit



### Case 1: Parastomal hernia with flush stoma<sup>1</sup>

A parastomal hernia may create a bulge on the abdomen. When convexity is clinically indicated, a firm rigid convex barrier may pose the potential for pressure related skin damage.

A flexible soft convex barrier may be an appropriate solution.



# Case 2: Firm abdomen with pressure injury from use of firm rigid convexity<sup>2,4</sup>

Pressure ulcers may be more likely when a firm convex barrier is pressing against the skin for a prolonged period of time, especially with the addition of an ostomy belt.

A flexible soft convex barrier may provide the correct fit while removing the cause of pressure.



#### Case 3: Stoma located in a crease<sup>3</sup>

A firm rigid convex barrier may not conform to the abdominal contours and "pop off" when used in a creased area.

A flexible soft convex barrier may be considered a more appropriate fit.



## Case 4: Stoma located in abdominal folds<sup>2,3</sup>

Abdominal folds can compromise the seal of the barrier. A convex shape can enhance the barrier fit.

A flexible soft convex barrier may match to the correct depth of the folds, conform to the abdominal contours and provide less peristomal pressure.



#### Case 5: Stoma height less than 20 mm (2 cm)<sup>3</sup>

A stoma that does not protrude above the skin may cause leakage problems under the skin barrier.

A flexible soft convex barrier may provide the right depth of convexity to help with stoma protrusion.



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# Case 6: Immediate post-op stoma with firm distended abdomen and off-centred lumen at risk for mucocutaneous separation<sup>2,5</sup>

A mucocutaneous separation may occur as a result of poor healing, infection, or excessive tension at the mucocutaneous junction.

A flexible soft convex barrier may help achieve a correct fit with less pressure at the base of the stoma.



# Case 7: Loop stoma<sup>3</sup>

The distal limb (arrow) of a loop stoma may discharge mucous which can undermine the barrier seal.

A flexible soft convex barrier may help provide the right fit with less pressure around the stoma to minimise undermining.



## Case 8: Pyoderma gangrenosum<sup>2,4</sup>

Trauma to the peristomal skin may initiate and aggravate a pyoderma gangrenosum ulcer. Efforts should be made to alleviate pressure and friction.

A flexible soft convex barrier may provide less pressure than firm convexity.

For product questions or sampling needs call: Australia 1800 880 851 New Zealand 0800 678 669

1) Turnbull, G. The Ostomy Files: Parastomal Hernia Ostomy Wound Management Volume 49- Issue 11 – November 2003. 2) J.C. Colwell, M.T. Goldberg, & J.E. Carmel (Eds.). (2004). Fecal & Urinary Diversions: Management Principles. In Chapter 12 and Chapter 14. St. Louis, MO: Elsevier Mosby. 3) J.C. Colwell, M.T. Goldberg, & J.E. Carvel (Eds.). (2015). WOCN® Society Core Curriculum Ostomy Management. In Chapter 10. Philadelphia, PA: Wolters Kluwer. 4) J.E. Carvel (Eds.). (2015). WOCN® Society Core Curriculum Ostomy Management p 181, 186. Philadelphia: Wolters Kluwer. 2016. 5) External Stoma and Peristomal Complications following Radical Cystectomy and Ileal Conduit Diversion: A Systematic Review - Szymanski, K.M., St-Cyr, D., Alam, T., Kassouf, W. WOCN Society Core Curriculum Ostomy Management. p. 192. Philadelphia, PA: Wolters Kluwer. 2010

Routine follow-up with your Stomal Therapy Nurse is recommended.

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