



Take A Look

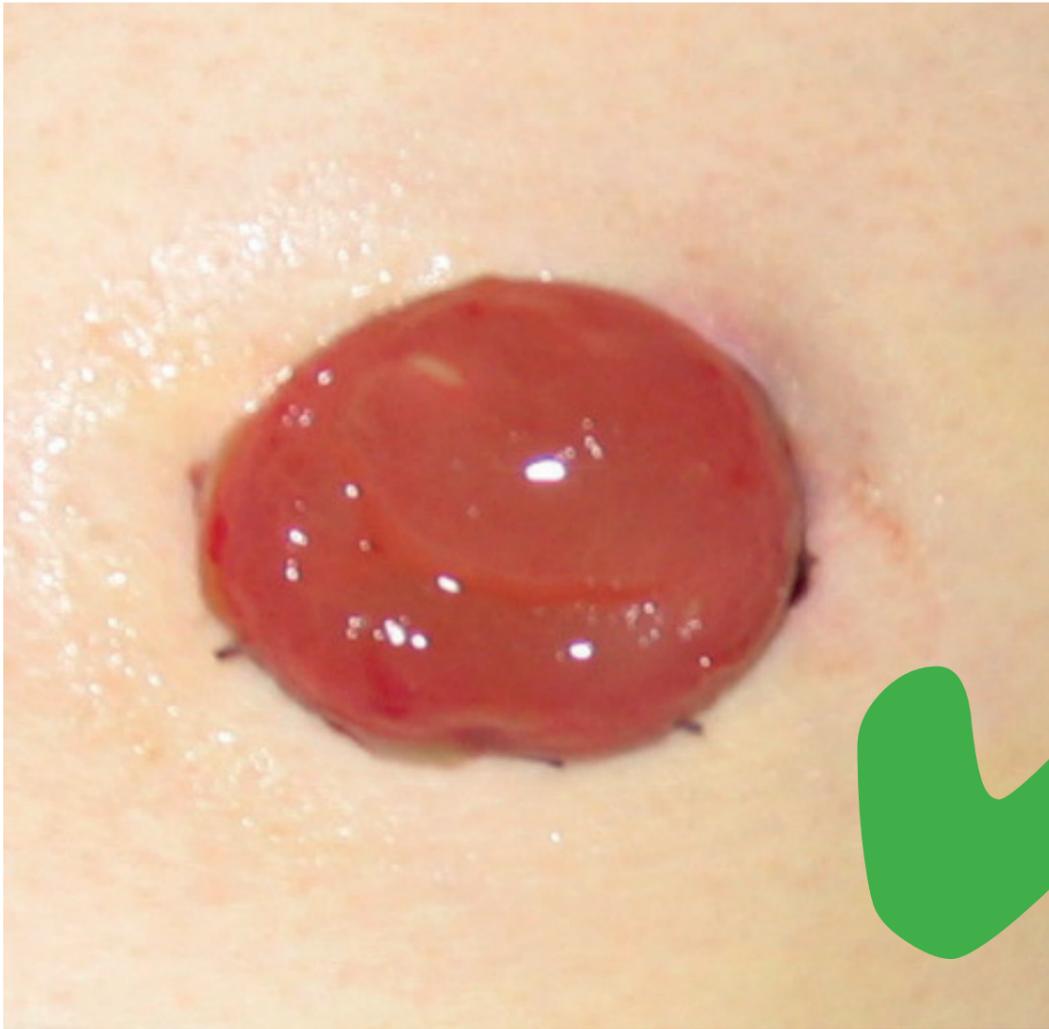
Keeping Your Stoma

and Skin Healthy

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



Your **TAKE** **A LOOK** tip



**Checking
your skin
regularly**

+

**Follow-up
with your
Stoma
Care Nurse**

=

**Healthy
peristomal
skin**

Tips for keeping your skin healthy

Do

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

Tips for keeping your skin healthy

Don't

- Use soap or other solutions to wash your skin
- Wait for your pouch to leak
- 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

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

Contact Hollister Secure Start services at:
**1.888.808.7456 or
HollisterTeam@Hollister.com**

Business hours:

**Monday - Friday: 7:30 am to 12pm,
and 1 pm to 5pm CST**

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