

Tips for keeping your skin healthy

✓ Do

- Always clean your skin with warm water
- Change your pouch routinely
- Resize your template 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

✗ Don't

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

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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



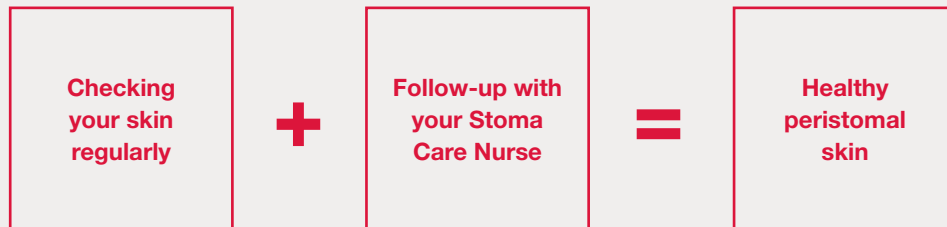
Take a look at what's **NOT NORMAL**



Does your skin have **one or more of these?**

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

Your **TAKE A LOOK** tip



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 Service

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Please contact Customer Service during the hours of:
Monday - Friday: 8.30am to 5pm

Your Nurse:

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Telephone number:

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