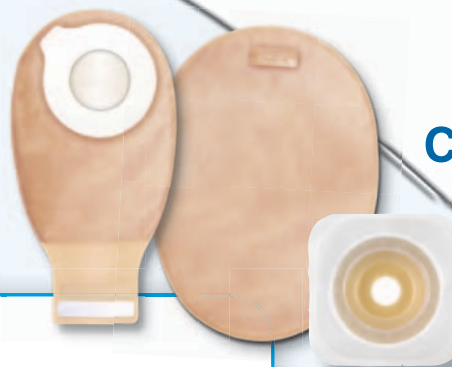


# How to Use the Esteem synergy<sup>+</sup> System

With ConvaTec Mouldable Technology™ Skin Barriers

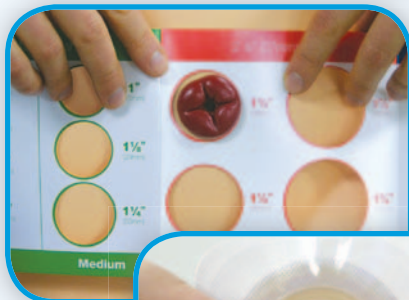


ConvaTec



## Step 1: Getting off to a Fresh Start

Begin by cleansing the skin around your stoma with warm water. Rinse and pat dry thoroughly.



## Step 2: Getting The Right Fit

Measure the stoma and select the proper size Skin Barrier.

When using a ConvaTec Mouldable Technology™ skin barrier, you simply mould the stoma opening to custom fit the size and shape of your stoma.

Before removing the clear release liner on the back, place your thumbs (or fingers) at the centre of the starter hole on the front of the skin barrier and begin to **roll** the adhesive back. Do not stretch or pull the adhesive to make it bigger, **roll it**.

Once you have created an opening the shape and size of your stoma, gently press the rolled adhesive down on itself to hold that shape.



## Step 3: Applying the Skin Barrier to Your Skin

Remove the clear release liner from the back of the barrier and centre the opening over your stoma.

Press the skin barrier into place and if necessary re-adjust the rolled adhesive to create a snug fit around your stoma.

Hold the adhesive in place for 30 seconds to secure an optimal seal.



## Step 4: Applying the White Tape Border

Peel off the white release paper from the Tape Border and press gently against skin, smoothing out any wrinkles.





## Step 5: Attaching the Pouch

Before applying, let a small amount of air into the pouch by gently separating it. Make sure that the transparent landing zone (clear film) on the skin barrier is completely clean and dry.

Remove the release paper from the adhesive ring on the pouch.

- A:** Rest your finger at the bottom edge of the landing zone. Using that finger, align the bottom of the pouch adhesive ring with the bottom of the landing zone.

**OR**

- B:** Fold the adhesive ring, apply the lower half to the bottom of the landing zone, then “roll or slide” your fingers over the upper portion to secure the pouch.



## Step 6: Removing the Pouch

Peel the pouch from the landing zone by holding the tab on the pouch adhesive ring with one hand and the edge of the transparent landing zone with the other. Peel the pouch downward with a top-to-bottom rolling motion.

## Step 7: Removing the Skin Barrier/Wafer

To remove the skin barrier, gently lift the corner and peel away while pressing down on the skin as you do so. ConvaCare® Adhesive Remover Wipes can be used to aid in skin barrier removal and remove any adhesive residue left behind.

## Pouch Options

- Pouches are available in Drainable with InvisiClose® tail closure and Closed-end.



## Filter Tips & Techniques

- The charcoal filter, located at the top of the pouch, lets gasses through while preventing liquid from leaking out. The filter substantially reduces odour while helping to keep your pouch flat.
- **Important:** cover the filter opening with the provided stick-on filter covers during all water activities (bathing, showering, or swimming). After water activities are completed and the pouch is dry, **remove** the filter cover.

**Note:** For flush or retracted stomas, convex products are recommended to increase wearing time. Please refer to your healthcare professional or ConvaTec's Customer Care Center on the number below. Remember to empty your pouch when it is one-third full. The use of soap or cleansers in the pouch is not recommended.

**For more information or if you have questions, call 0800 282 254  
ROI 1800 721 721 or email us on [stoma.webcare@convatec.com](mailto:stoma.webcare@convatec.com)  
Visit our website at [www.convatecstomacare.co.uk](http://www.convatecstomacare.co.uk)**

See package insert for complete Instructions for Use.

®/™ indicates trademarks of ConvaTec Inc. Esteem synergy is a registered trademark in the U.S.

© 2011 ConvaTec Inc. April 2011 AP-009448-MM Stock No. PLUS07ESM