



ConvaTec

# How to Use the Esteem<sup>+</sup> One-Piece System

## 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.

### ■ For Cut-to-fit Skin Barriers:

Trace the stoma size on the centre of the clear release liner on the back of the barrier, and cut an opening about 2mm larger than your tracing.

### ■ For Pre-Cut Skin Barriers:

Select skin barrier with pre-cut stoma opening slightly larger than your stoma.



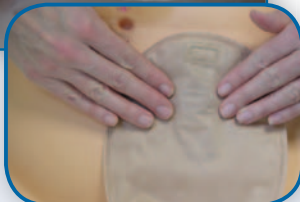
## Step 3: Removing The Clear Release Liner

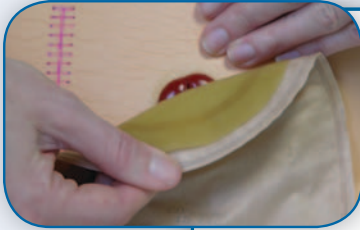
Remove the clear release liner from the skin barrier by pulling up on the blue tab.



## Step 4: Applying The System To Your Skin

Place the pouching system gently in position over the stoma. Press the skin barrier against the skin. Smooth the inner edge closest to your stoma with your fingers, holding for 30 seconds to ensure a snug fit around the stoma.





## Step 5: Removing the System

Gently pull the skin barrier down, away from the skin, while supporting the adjacent skin with your other hand.

ConvaCare® Adhesive Remover Wipes can be used to aid in skin barrier removal and remove any adhesive residue left behind.

## Pouch

### Pouch Options:

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



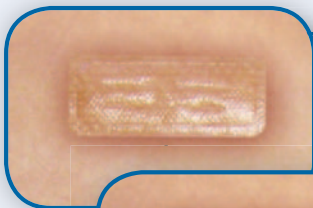
### ■ InvisiClose® pouch:

Roll the tail up three times and lock the tail by pressing the closure strips together. Optional step: Fold the tail into the “lock-it pocket” for added security and discretion.

## 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.



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 is a registered trademark in the U.S.

© 2011 ConvaTec Inc. April 2011 AP-009446-MM Stock No. PLUS05E