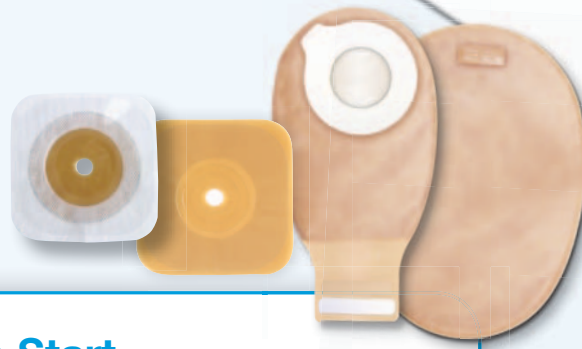


How to Use the Esteem synergy⁺ System

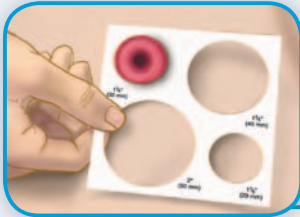
With Pre-Cut or Cut-to-Fit Skin Barriers



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

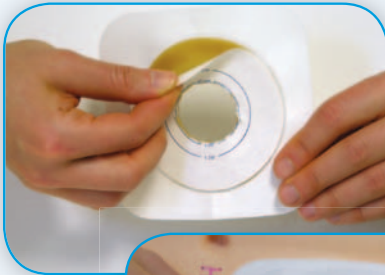
Measure the stoma and select the proper size Skin Barrier.

■ For Cut-to-fit Skin Barriers:

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

■ For Pre-Cut Skin Barriers:

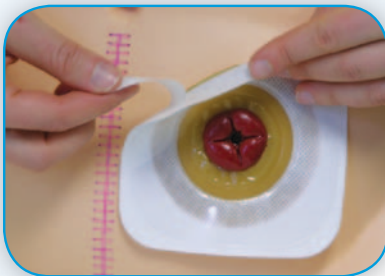
Select skin barrier with pre-cut stoma opening slightly larger than your stoma.



Step 3: Applying the Skin Barrier to Your Skin

Remove the central release liner from the back of the barrier and place the opening over your stoma.

Press the skin barrier in place. Smooth the inner edge closest to your stoma with your fingers, holding for 30 seconds to ensure a snug fit around the stoma.



Step 4: Applying the White Tape Border

If present, peel off the white release liner 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
Visit our website at www.convatecstomacare.co.uk**

See package insert for complete Instructions for Use.

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