



# ESTEEM<sup>®</sup> Flex Convex

Cut-To-Fit Skin Barriers



Closed

Drainable

Urostomy

## 1 Getting the right fit



Cut-to-fit skin barriers:



The hole in the adhesive wafer should fit the stoma as close as possible. Cut the stoma hole to fit the size of your stoma. Be careful not to make the opening bigger than the outer ring marked on the wafer, or to expose the inner plastic disc.

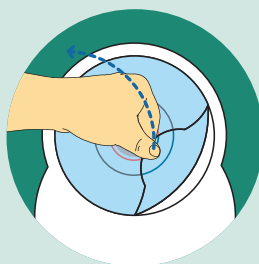
## 2 Applying the pouch



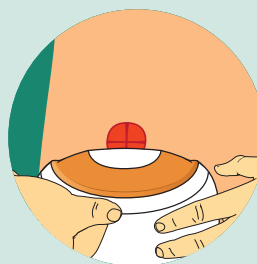
Slightly inflate the pouch by blowing to separate the inner layers of the pouch.



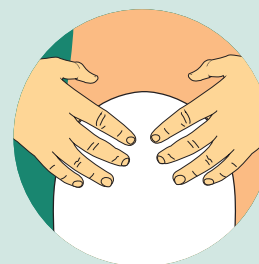
Warm the skin barrier with the palm of your hand for a few seconds to help it adhere.





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



Hold the skin barrier below your stoma. Starting from the bottom, carefully apply the barrier to the skin around your stoma.



Smooth over the back of the adhesive area with your fingers and press carefully but firmly around your stoma.

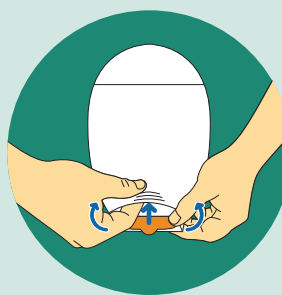
 If you are using a **drainable** pouch, continue to **Step 3**  
 If you are using a **closed** or **urostomy** pouch, continue to **Step 5**.

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### Closing the drainable pouch



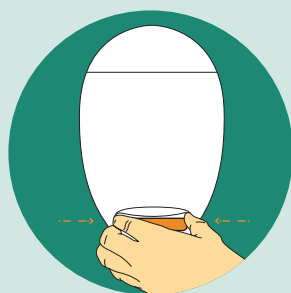
Fold the end up towards you until the interlocking closures line up. Press and pinch around the closure to secure.



If desired, tuck the tail under the fabric cover.

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### Emptying and cleaning the drainable pouch

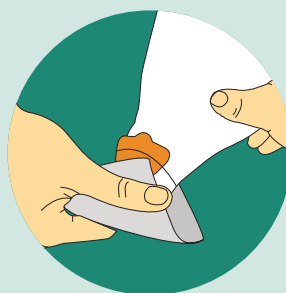


To empty pouch, tilt the tail up towards your body. Peel open the closure and unfold tail.



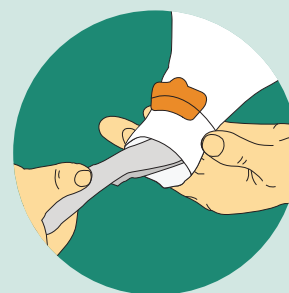
Open the tail by pushing in both ends of the outlet end-strips with fingers. Then drain pouch.

**Tip: You can pull up on tab to help open tail.**



#### Tips for cleaning the pouch:

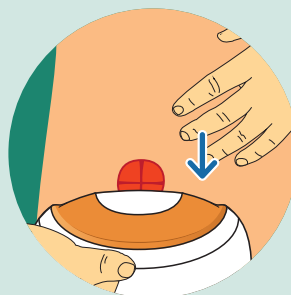
Support the pouch with one hand and wipe tail of pouch in downward motion with toilet tissue or baby wipe in other hand.



Clean the inside surface of tail with toilet tissue or baby wipe.

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### Removing the pouch



To remove an old pouch for disposal, gently peel downwards **while holding the skin above the wafer with your free hand.**



For more information, please call our Customer Relations Center (Registered Nurses on staff) at **1-800-465-6302**, Monday through Friday, 8:00 AM to 6:00 PM (EST), or visit our Web Site at **[www.convatec.ca](http://www.convatec.ca)**

Please refer to the package insert for complete instructions for use.

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