

How to Use the Esteem⁺ One-Piece Ostomy System



Step 1: Getting Off To A Fresh Start

Begin by cleansing the skin around your stoma with mild soap and water (soaps should be free of oils and creams). 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 center of the clear release liner on the back of the barrier, and cut an opening about 3 mm (1/8") 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.

AllKare® 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 odor 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, call the ConvaTec Customer Relations Center 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

See package insert for complete Instructions for Use.
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September 2011

V1181