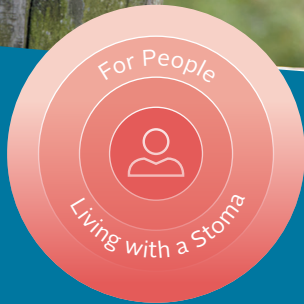



A clear guide to healthy peristomal skin





If you are living with a stoma, the chances are at some point you might experience problems with the surrounding skin.

This area is called peristomal skin

Because skin irritation is common, many people have come to believe that enduring skin problems are just part of living with a stoma. In some cases they don't even realise or accept they have a problem.

Sore, irritated skin can at best distract from getting on with daily life, to at worst, being debilitating.

Coping with unchecked skin irritation can cause people to experience physical or mental problems on their long-term health journey.

So what should healthy skin look and feel like to you?

Peristomal skin should look and feel no different than the skin on the rest of your stomach.

“

Some studies report that **67%** of people with a mild skin issues and **56%** with a severe skin issues didn't even realise they had a problem and therefore didn't ask for help from their Stoma Nurse or Doctor!¹

”

Try taking a closer look.

Use a mirror if it's easier or take a picture with your mobile, to check and track the health of your skin close-up.

Call our Nurse Advisor Line

UK: 0800 085 2516

ROI: 1800 818 988



How to spot if you have peristomal skin issues



Feel

Do you feel itching or soreness under your baseplate?

Does your skin feel moist, warm or have a wet appearance?



Look

Compared to your full body skin tone, does it look pink, red or inflamed? Blistering or weeping?

Does the colour return to it's usual tone, after you remove the baseplate after a short time?



Did you know?

Some medications can affect peristomal skin by causing ulcers. Check with your nurse for more information.

Andrea Benn²

Is your peristomal skin



in the healthy zone?

Top tips for taking better care of stoma skin



- Change your pouch routinely.
- Gently remove the baseplate from top to bottom – people find an adhesive remover helps.
- Clean the skin around the stoma with a wipe soaked in warm water.
- Dry your skin thoroughly before applying your next bag.
- Inspect your skin every time you change your baseplate.
- Apply a skin barrier if required.
- Check the hole cut in your baseplate is the right size for your stoma.
- Apply the baseplate securely around your stoma ensuring there are no gaps or folds in the baseplate.



- Use soap or other solutions to wash skin.
- Over complicate your pouch changing routine, keep it simple!
- Wait for your pouch to leak before changing it.
- Pull your bag off too quickly.
- Ignore any changes in the skin around your stoma.
- Try to manage skin problems on your own, always seek help from a stoma nurse.

**Are you experiencing problems now?
Keep a photo record of your stoma skin, it's useful to monitor or identify if changes are happening.**

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How to scale peristomal skin problems

It's important to know, not everyone experiences problems with the skin around their stoma. But your skin health can change over a very short period of time, if not regularly checked.

All the examples shown here of irritated skin can be addressed. No matter how mild or severe your symptoms it's important to seek help.

1. MILD

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SEVERE



If you feel you are experiencing even mild irritation, it's worth getting advice.

Some peristomal skin problems do not go away on their own, requiring attention to rectify. You should expect to have healthy peristomal skin. Most conditions can be addressed by changing products, routines and additional care.

Common causes of peristomal skin damage

- **Leakage** Healthy skin exposed to faecal or urine output under the baseplate can breakdown fast.
- **Pressure** Belts and some clothing may cause pressure on the stoma area.
- **Stoma Size** Ensure the baseplate is cut to the right size. It should always fit closely around your stoma (1-2mm larger) to protect from faecal output.
- **Skin Folds** Or creases, may prevent your baseplate from sticking securely to your stomach and result in leakage. A different shaped product may be required if your stoma is flush or retracted.
- **Skin Stripping** Or friction by removing a baseplate too quickly can pull the top layers of skin away. This is known as skin stripping. The more frequent it happens, the more the skin can be irritated.
- **Baseplate Sensitivity** If the red area of the skin is the same shape as your base plate then you may have developed an allergy and sensitivity.
- **Bag Changing** Your pouch change routine could be too frequent, or you could be using products that irritate the skin.

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ROI: 1800 818 988



Support and advice to help you live life more comfortably

If you have a skin problem and would like support or advice, contact your health care professional or our specialist Amcare™ Group stoma nurse who can assess you. Our nurses are happy to talk to you over the phone, via video or in person - call the nurse advisor line below to book a review.



Product
Choice

**Clinical Support
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UK: 0800 282 254
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Medical
Support

Nurse Advisor Line

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me+™ Advisors

UK: 0800 467 866
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Supporting UK Stoma Charities



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1. Herlufsen Skin Disorders bjon 2006.15.15.21848
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