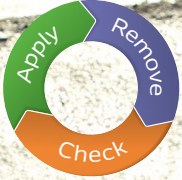
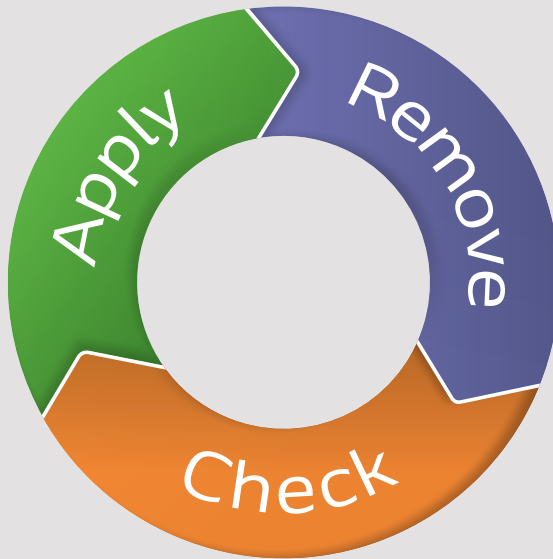


Dierdre,
uses SenSura® Mio Convex



Optimise your fit with
Apply – Remove – Check





The foundation for a good appliance-change routine

Apply, Remove, Check (ARC) is a simple three step process to help you find an appropriate appliance-change routine with adequate changing frequency – to help you maintain healthy peristomal skin.

Apply

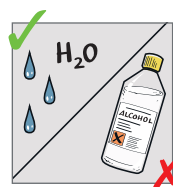
A correct appliance-change routine starts with the proper application of your baseplate.

Keeping skin healthy

Applied properly, your product will do a much better job of protecting the skin around your stoma against stoma output, a major cause of irritation.

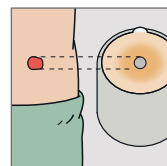
A snug fit is key

To secure optimal adhesion the baseplate should be applied to clean and completely dry skin. Clean water is sufficient for the cleaning of your stoma and skin around it.



When it comes to fitting your baseplate, the hole should be cut for a snug fit to your stoma, not too loose and not too tight. Apply the adhesive around the stoma.

To ensure a good fit, smooth the adhesive down, starting from the stoma and moving outwards to the edges, to ensure that the adhesive has made full contact with the skin. Make sure the adhesive has proper skin contact especially in the inner zone.



Do not stretch the baseplate during application as this can cause a tension injury.



If you're having difficulties, supporting products such as an ostomy ring can be helpful.

Stomas change

Over time your stoma may change in shape and size. This is common and simply means that you need to adjust your cutting template on the baseplate accordingly. In order to make sure you're applying optimally, check the size and shape of your stoma periodically, especially if you have a hernia. You should always contact your stoma care nurse if you are in doubt or notice any changes in the surface of your stoma.



Before use, always consult the 'Instructions for Use' document delivered with the products.

Remove

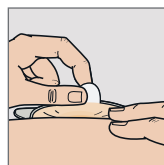
To protect your skin, it's important to use the right technique to remove your appliances gently.

Remove gently

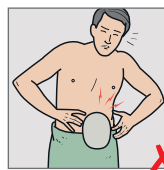
Regular appliance changes and gentle removal will help protect the skin around your stoma, keeping it healthy and free from irritation.

If you are using a drainable pouch and have liquid output, it is recommended that you empty the pouch before removal.

Pull down the removal tab to loosen the adhesive from your skin. Gently remove the adhesive by rolling it step by step downwards. Apply light pressure on your skin with your other hand. An adhesive remover may be useful if you need a little extra help.



Regardless of your appliance change routine you must change your appliance if you feel discomfort such as itching or burning as it may be a sign of leakage under the baseplate.



How to recognise skin irritation

Skin irritations are a common problem for people with a stoma. If you notice any changes in the appearance and colour of the skin around your stoma compared to the skin on the rest of your stomach, you probably have skin irritation.

The right solution with the right appliance-change routine is your best defence against leakage in order to prevent skin irritation and maintain healthy skin around your stoma.

What does healthy skin look like?



When you have a stoma, it can often be difficult to know the difference between normal, healthy skin, skin that has mild irritation and skin that needs the attention of a healthcare professional.

Here is an example of normal, healthy skin around a stoma. Whatever your skin colour, the area around the stoma should look the same as the rest of the skin on your abdomen.



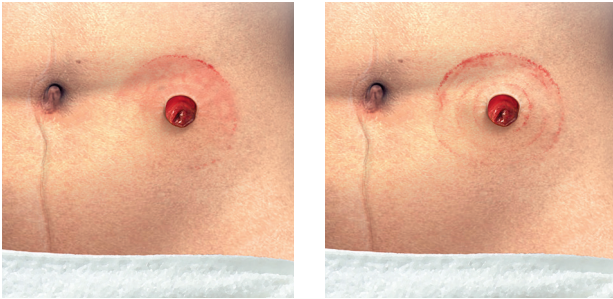
Did you know?

Skin irritations are commonly mistaken for much rarer allergies

If you have an allergic reaction, the entire area that has been in contact with the adhesive (as pictured here) will be irritated and discoloured, possibly also accompanied by stinging, itching and burning.

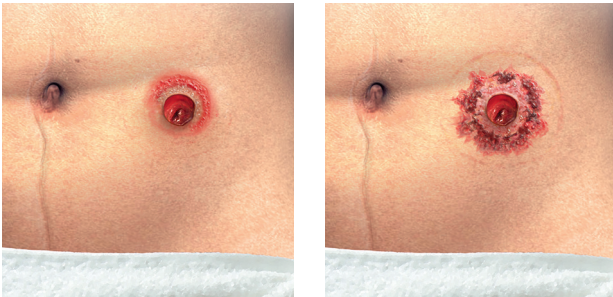
How to evaluate the irritation

Mild skin irritation can possibly be resolved by yourself. However, in cases of more severe skin irritation, the advice of a healthcare professional should be sought.



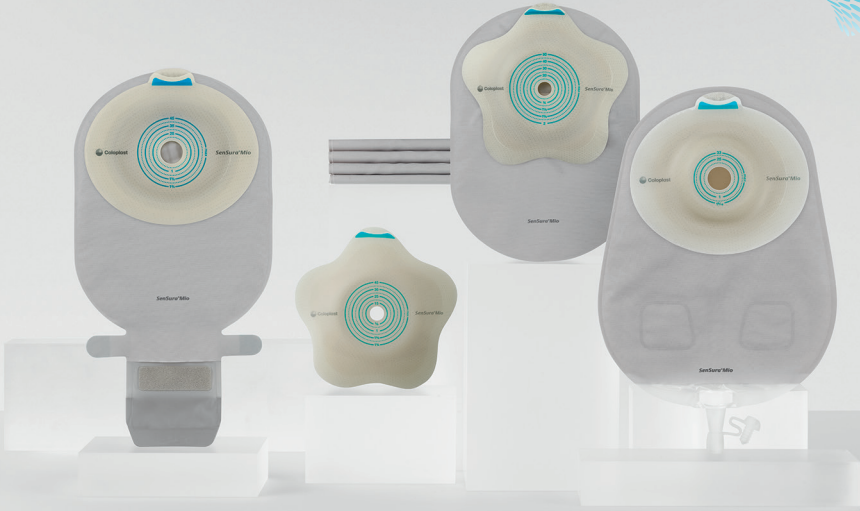
Mild skin irritation

Here are two varieties of mild skin irritation.



Severe skin irritation

Symptoms of severe skin irritation include dark blue/purple marks, weeping, bleeding, burning or itching skin around the stoma. **Help from a healthcare professional is required.**



When it comes to feeling secure, the fit is the difference

SenSura® Mio with BodyFit™ Technology sticks quickly to your skin while flowing into all creases and folds. This makes application easier and helps minimise the risk of leaks, while still being easy to remove without irritating your skin.

Enroll in Coloplast Care

Coloplast Care gives you support for your ostomy care needs from dedicated advisors ready to answer questions and provide access to product samples.

[Coloplast.ca/CareForm](https://www.coloplast.ca/CareForm)

Contact information for questions on our products:

Consumer Support: 1-866-293-6349

Email: casupport@coloplast.com

Phone hours are

Monday to Friday, 9 am to 5 pm EST

[Ostomy Care](#) / [Continance Care](#) / [Wound & Skin Care](#) / [Interventional Urology](#)