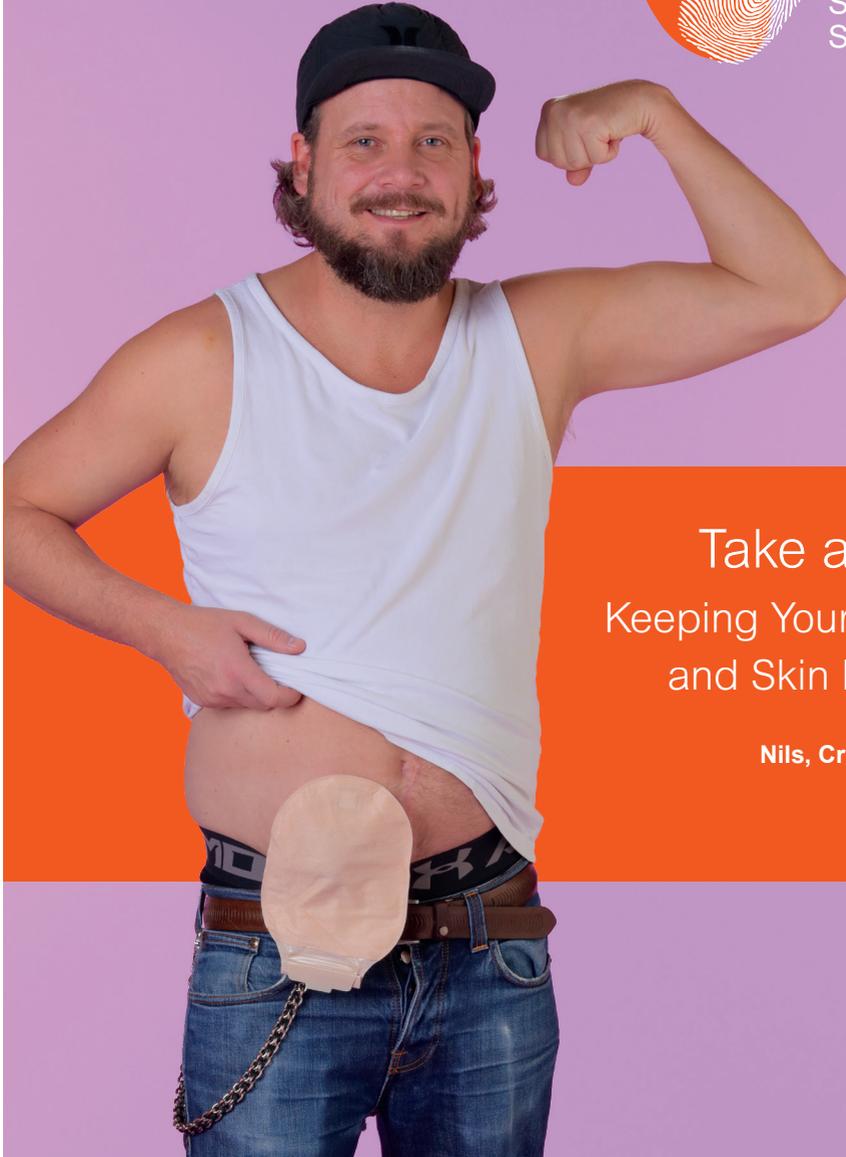




Stoma  
Skin  
Soul



# Take a Look Keeping Your Stoma and Skin Healthy

Nils, Crohn's Rebel

# Taking care of your stoma and the surrounding skin is important

We know that most people don't know when there is a problem. This TAKE A LOOK card will help you to check your stoma and your skin: it tells you what is normal and what is not normal.

## Take a look at what's **NORMAL**



### Your skin should be:

- Dry
- No rash
- No redness
- No flakiness



### Your TAKE A LOOK tip

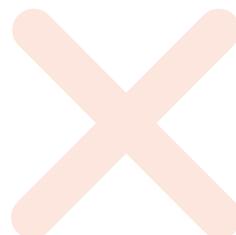


# Take a look at what's NOT NORMAL



## Does your skin have one or more of these?

- Rash
- Redness
- Wet or flaky
- Itchy
- Burning
- Painful



If you have any worries about your stoma or the skin around your stoma, call your Stomal Therapy Nurse to TAKE A LOOK.

Key Contacts and Dansac Customer Care

**1800 880 851 (Australia)**

**0800 678 669 (New Zealand)**

Your Nurse:

.....

Telephone number:

.....

Please contact Customer Care during the hours of:

Monday - Friday:

8.30am to 5:00pm

# Tips for keeping your skin healthy

## Do

- Always clean your skin with warm water
- Change your pouch system routinely
- Resize your template regularly
- Keep your routine simple
- Inspect your skin every time you change your bag
- Remove your pouch system carefully
- Tell your Stomal Therapy Nurse if you are taking other medication
- Keep in touch with your Stomal Therapy Nurse

## Don't

- Use soap or other solutions to wash your skin
- Wait for your pouch to leak
- Add in unnecessary accessories to your stoma care routine
- Pull your bag off too quickly
- Ignore any changes in your skin around your stoma, however small
- Try and manage your stoma care problems alone – contact your Stomal Therapy Nurse