

## **Ileostomy Care**

With an ileostomy, it is very important to protect the skin when pouching because the stool or effluent that is coming from the stoma contains digestive enzymes, which can break down the skin with which it comes in contact.

- Clean the skin only with water. Anything else, (soap, adhesive remover for the barrier wafer) will leave a residue on the skin that not only irritates the skin but will cause the barrier not to adhere.
- Apply a thin layer of stoma adhesive powder to the skin that is red, weepy and irritated.
- Over the powder, apply No-Sting Barrier Film. This contains no alcohol and will not irritate
  the skin, but will keep the powder in place. If you have the pad applicators, pat the pad
  gently over the powder. The powder has properties in it that will help to heal the skin. The
  Barrier film keeps the powder in place and allows you to place the pouch over the powder.
  If the skin is very weepy and wet, you can apply two layers of this combination.
- Make sure that you only cut the hole for the stoma to no more than 1/8 inch to 1/4 inch
  larger than the stoma. This is very important. If you cut it any larger because the area is
  red, you will actually extend the area of irritation because the effluent will find its way under
  the barrier wafer.
- The stoma adhesive paste should only be placed just around the opening that you cut in the wafer. Do not put more on the wafer. This product is not a paste and will not make it "stick" better. The paste is a caulk. All you are trying to do when using the paste is to form a dam around the opening so that the effluent cannot get underneath the barrier wafer.
- We recommend not using any creams under the barrier wafer because this will cause the bag to not adhere. If you do choose to use a cream under the wafer, Calmoseptime is a wonderful cream to help heal the skin, but if you use it, just know that you will be changing the pouch more often.

For more information regarding stoma care please visit the <u>United Ostomy Association of America</u> web site.



## Contact the Colorectal Center at Cincinnati Children's

For more information or to request an appointment for the Colorectal Center at Cincinnati Children's Hospital Medical Center, please <u>contact us</u>.