

Treating Skin Irritation Around Your Stoma

When should I use a powder under my ostomy appliance?

If the skin surrounding the stoma is irritated, open, red, sore, or there is a rash present, you may use a powder (see below for types) to treat the affected skin. Powder is not needed on a routine basis when skin is healthy.

What kind of powder can be used under my ostomy appliance?

If skin is open, irritated, broken, raw or weeping:

To treat irritated skin around the stoma you can use stoma powder under the ostomy appliance. The powder is available from a medical surgical supplier.

If skin has a red, raised, itchy pimply rash:

If you have a rash this may indicate a yeast infection and you may use an antifungal powder (2% Miconazole). This can be purchased over the counter at a local pharmacy.

How do I use powder on my skin?

1. Wash your hands with soap and water.
2. Make sure the skin around your stoma is clean and dry.
3. Apply **the appropriate powder** and gently rub into the affected area.
4. Brush off the excess powder with your fingertips.
5. Dab the barrier wipe/skin prep over the powdered area. **Do not** wipe it on.
Let the product dry for about 10 seconds.
6. Continue with your ostomy pouch change as usual or as you were directed.
7. Wash your hands.

How long should the skin be treated?

You may want to increase how often you change your pouch in order to apply the necessary powder and barrier wipe/skin prep more frequently. When the skin irritation or rash has resolved stop treating it. However, if the skin surrounding the stoma does not improve within 2 weeks contact your provider or ostomy nurse for further instructions.

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