

Step-by-Step: Stoma Care: Your Stoma and Skin

Stoma Care: Your Stoma and Skin. To care for your stoma and skin, follow these steps each time you change your pouch.

Remove your old pouch and dispose of it. Wash your hands. Dampen a soft wash cloth with warm water. Clean the skin around the stoma.

Gently clean the stoma. A small amount of bleeding when you clean is normal, but call your provider if it bleeds a lot or doesn't stop.

Pat the skin and stoma dry with a soft cloth. Using a mirror, check the stoma and nearby skin for problems.

The stoma should look shiny and moist and be dark pink or red. The skin around it should be smooth with no red, white, or broken spots.

If you notice any problems or see changes, call your healthcare provider. If needed, apply a skin barrier wipe or gel to protect your skin.

Let it dry for one minute. Put on the new pouch as you have been instructed.

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