

Managing your ostomy and living life to the fullest

Living with an ostomy may require a few lifestyle adjustments, but it doesn't have to hold you back from doing the things you love. Convatec offers a range of ostomy care products designed to move with you, including pouching systems with convex skin barriers that gently support the skin around your stoma, helping you feel secure, comfortable, and confident every day.



Join me+today

Do you still have questions
about living with an ostomy?

The me+ team is here to help. Connect with ostomy nurses and product specialists, get answers to lifestyle question, get help navigating ordering ostomy supplies, and more.

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References: 1. Carmel J, Colwell J, Goldberg M, eds. Wound, Ostomy, and Continence Nurses Society Core Curriculum Ostomy Management. 2nd ed. Philadelphia: Wolters Kluwer; 2022. 2. Redmond C, Cowin C, Parkter T. The experience of faecal leakage among ileostomists. Br J Nurs. 2009 Sep 24-Oct 7;18(17):S12-7.doi: 10.12968/bjon.2009.18.Sub6.44170. PMID: 19797994.

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Convex Ostomy Products

A guide to convexity and
why you might consider
a convex ostomy product



What does a stoma look and feel like?¹

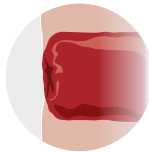
A stoma has no nerve endings, so after any post-surgery soreness has subsided, you should not feel any sensation from it. A stoma is round or oval in shape, it will be dark pink or red, and will look moist and shiny.

Your stoma may be protruding above the skin surface, flush with the skin surface or retracted below the skin surface. Convex products help the stoma protrude further into the pouch.



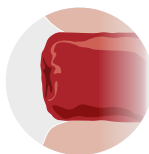
Protruding

A protruding stoma will typically extend 1.5cm to 3.5cm above the surface of the skin depending on the type of stoma you have.



Flush

A flush stoma does not protrude. Instead, it lies flat at the same level as the skin on the abdomen.



Retracted

A retracted stoma also does not protrude but will seem pulled into the abdomen, below the level of the skin.

What is peristomal skin?

The skin around your stoma, called peristomal skin, should look and feel like the rest of your skin. Keeping it clean, healthy, and dry is essential. If your pouch leaks and output touches the skin, it can quickly become irritated, sore and uncomfortable.

Common causes of leakages include:²

- A poorly fitting skin barrier that allows output to seep underneath
- Gaps or folds caused by weight changes
- Watery output
- The weight of a full pouch pulling away from the skin
- Skin damage from previous leaks, making it harder for the barrier to stick properly

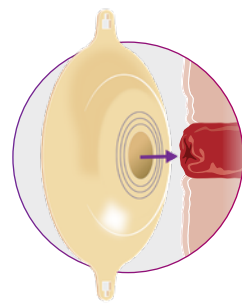


**Find out more
about healthy skin**
scan the QR code

Is convexity best?

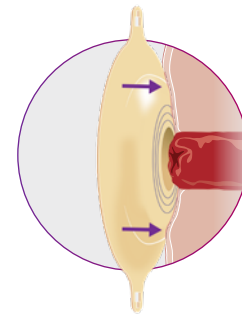
Pouching systems come in one-piece or two-piece options with either a flat or convex skin barrier. A flat skin barrier lies flush against the skin, while a convex skin barrier curves outward to provide gentle pressure around the stoma. Because every body is different, people with a protruding, flush, or retracted stoma may benefit from a convex system.¹

How convexity pouch systems work with a flush or retracted stoma¹



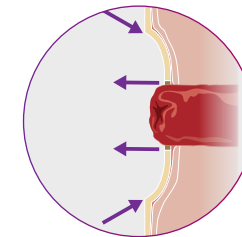
1

Position the skin barrier above a flush stoma. This also works with retracted stomas or with skin folds.



2

The convex skin barrier exerts downwards pressure on the skin around the stoma.



3

The pressure on the peristomal skin will help the stoma protrude further into the pouch, allowing for a better seal and helping to minimize leakages.

EsteemBody™

with Leak Defense™

One-piece soft convex products available in a range of options that work with a variety of bodies, because every body deserves to live without leaks.

Our new one-piece ostomy system with Leak Defense™ combines our gold-standard adhesives with a comprehensive soft convexity range, designed to adapt to the body for a secure, longer-lasting seal.

- ✓ Available in 2 depths and 4 tension locations to help you find the optimal convex option.
- ✓ As pioneers in hydrocolloids, our adhesives were created to help users get it right the first time, every time.
- ✓ Designed for flush or retracted stomas, or with an abdomen that has folds or loose skin.



**Find out more
about EsteemBody™
and our full range of
convexity products**
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