

Using Convexity

Ostomy Care Tips

General Information

- Convexity may be recommended to increase the wear time of a pouching system. When used correctly, convexity may help to improve the contact of the skin barrier with the skin surface.

Definition

- Convexity is the outward curving of the pouching system that comes in contact with the skin around your stoma. Usually this is the skin barrier.
- Convex describes a shape. Skin barriers are either convex or flat.



Stoma that is below skin level.



Convex barrier helps provide contact with skin around stoma.

When to Use Convexity

- Convexity may be recommended when:
 - you are experiencing leakage or unacceptable wear times with a flat skin barrier.
 - your stoma is flush with the skin level or below skin level.
 - the skin around your stoma is soft with poor muscle tone.
 - there are irregularities in the surface of the skin around your stoma (for example, soft creases, scars).



Leakage occurred under barrier causing skin irritation.



Stoma that is below skin level.



Stoma located on a soft abdomen.



Stoma located near a skin crease.

How to Create Convexity

- Convexity may be built into the pouching system you use. This may be in a one-piece or a two-piece pouch. If you look at the surface of the skin barrier that sticks to your skin, you will notice that it curves outward.
- Convexity may be added to the pouching system you currently use. This may be done by adding barrier rings to the back of the skin barrier on your pouch. You may wish to refer to the Ostomy Care Tip on **Adapt** Barrier Rings and **Adapt** Convex Barrier Rings.

Frequently Asked Questions

Q: Will a convex product stop my pouch from leaking?

A: There are a variety of reasons why a pouch may be leaking and not giving you reliable wear time. Convexity may help or it may not. It is always advisable to contact your Wound Ostomy Continence (WOC) Nurse if you are experiencing routine leakage and/or skin irritation so the right solution can be found.

Q: Are convex products more expensive?

A: They usually cost more than a flat pouching system. However, if it improves your wear time, eliminates leakage and improves your skin condition, a convex product may save you money and improve your comfort. Consult your supplier for reimbursement information.

Q: Should I just try convexity and see if it works for me?

A: No. Not everyone needs convexity. In certain situations, a convex pouching system may decrease your wear time. There are also situations where convexity may not be advisable – for example, with a hernia, with certain skin conditions and immediately post-operatively. Consult your WOC Nurse.

Q: Do I need to use a belt if I use convexity?

A: Some WOC Nurses will recommend a belt to enhance the effect of convexity. However, a belt can place undue pressure on the skin if it is not used correctly. If an ostomy belt is used, it should be snug, but not too tight, and worn in line with your stoma.

Q: If my stoma is not round, can I still use convexity?

A: Yes. You may use a cut-to-fit convex skin barrier. This will provide the convex shape, but you can cut the skin barrier to the size of your stoma so that all of your skin is protected. Another alternative is the **Adapt** Convex Barrier Ring. These rings will provide the convex shape and they can be stretched to an oval shape to protect your skin.

Q: Can I find convexity in both a one-piece and a two-piece pouching system?

A: Yes. Both **Premier** One-Piece and **New Image** Two-Piece Pouching Systems have products with integrated convexity.

Q: Is all convexity inflexible?

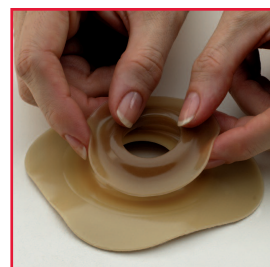
A: No, by adding an **Adapt** Convex Barrier Ring to a flat one-piece pouch like **Premier**, you can create soft or flexible convexity. This might work well when you have a firm abdomen or deep crease.

Q: Who should I talk to if I have questions about convexity?

A: Contact your WOC Nurse or Hollister Incorporated at **1.800.323.4060**.



Two-piece skin barrier with built-in convexity.



Adapt Convex Barrier Ring added to a two-piece skin barrier.



Adapt Convex Barrier Ring used to create oval convexity.



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