



# ALIVE & KICKING

A convex ostomy skin barrier is designed to prevent output leakage and skin problems. Unfortunately, there are misconceptions that may deter individuals with ostomies from using it.

A convex pouching system refers to the curved or dome-shaped back of the ostomy skin barrier that rests against your skin. Adding convexity to a pouching system involves using an integrated convex skin barrier, gently pushing on the abdomen to allow the stoma to protrude. This helps direct output into the pouch and prevents it from going under the skin barrier, reducing the risk of leaks.

Common reasons for using convexity include preventing leakage and related skin issues, as well as avoiding frequent changes to the pouching system. If your pouching routine or body weight has changed, it may be time to consider using a convex skin barrier.

Dispelling myths about convexity:

1. Not all convexity is the same: Choose and customize convexity based on your specific stoma and body shape. Soft and firm convexity options cater to different needs.
2. Convex skin barriers are not uncomfortable or painful: If discomfort occurs, you may be using the wrong type of convexity. Experiment with various options under the guidance of a healthcare professional to find the right fit.
3. No need to wait to use convexity: There's no specific waiting period; it varies for each person. Start using convexity immediately if needed, focusing on preventing leakage and maintaining skin health.
4. Convexity is not solely based on stoma level: While a stoma level with the skin often requires convexity, exceptions exist based on factors like stool consistency. Tailor your choice to your unique circumstances.

Consider trying a convex ostomy skin barrier to prevent leakage, address skin issues, and extend your pouching system's wear time. Convex skin barriers come in pre-cut and cut-to-fit options, usually covered by insurance plans. An ostomy nurse can assist in determining the right convexity for you and when to use it.

 **embracing ostomy life**

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