

Stoma collars

Also called “stoma hats,” because they’re like a wide-brimmed hat with the top cut off. These are round adhesive disks with a spout-shaped cylindrical collar in the middle that fits around the stoma. They’re adhered to the skin before applying the baseplate and are designed to prevent output from leaking under the baseplate by encouraging the output to flow through the spout and drop directly into the pouch.



Stoma guards

Also called “stoma protectors,” these are like athletic cups for stomas – rigid devices that literally guard your stoma from injury. They’re designed to be worn during sports, or in any situation where an ostomate might suffer a direct impact to the stoma. Depending on the location of your stoma, they can also be helpful to prevent pant belts or seatbelts from pressing directly on it. There are many versions on the market. Most are held in place by a type of belt.

Stoma powder

If the little perimeter of skin that circles the stoma is exposed to watery or damp output, it can become irritated. Stoma powder is specially made to absorb moisture on the skin surrounding the stoma (not all the skin under your baseplate).

You can substitute regular products found around the home for many ostomy products. But stoma powder isn't one of them! Talcum powder, corn starch ... none of these would help and might even cause more problems.

Stoma powder isn't medicated. It isn't intended to heal the skin, but just to keep it dry while it heals by itself.

It's meant to be used only when the skin circling the stoma is occasionally irritated, not all the time. If the edge of your stoma opening is always red, raw, and irritated, then you need to address that issue. Using powder with every baseplate change won't solve the problem.

Make sure your skin is clean and dry before using the powder.

The powder can be applied in different ways. It comes in a "puff" bottle, so it's often puffed onto the skin, circling around the stoma. The less-is-more rule applies here. You don't want a thick build-up of powder, just a thin layer. So you should brush off any excess (whatever doesn't stick to the raw edge of the skin), with a soft tissue. A clean, soft makeup brush works well too.

Another way to apply the powder is to puff some along the side of your index finger, using another finger to push it into a line. Then press the line onto your skin and around your stoma with the index finger. Again, brush off any excess.

If you feel you need more, you can apply 2-3 thin layers of powder (versus one thick one), with a layer of a skin barrier product in between, allowing it to thoroughly dry before applying the next layer of powder. This is called "crusting."