

Micro Skin Hints & Help

Creating the best bond between your skin and MicroSkin

In most cases, MicroSkin sticks best to clean, dry skin. Wash the area around the stoma with plain water and dry thoroughly. Avoid application in a steamy bathroom or if you are sweating.

What if the MicroSkin doesn't stick well?

Potential barriers to adhesion are:

- Using a soap with moisturizers. If you need to use soap, use one with no emollients or moisturizers.
- Residue from barrier films. Skin preps wipes protect the skin, but they can also create a smooth surface that diminishes adhesion. These films should always be removed with an adhesive remover and used sparingly.
- Skin irritation or breakdown. Moisture from red or broken skin can float the MicroSkin off. Care of skin irritation should be guided by your Ostomy nurse or healthcare professional.

Tips on creating a secure seal around the stoma

The MicroDerm washer that is on many Cymed barriers is a heat-sensitive hydrocolloid. It melts onto the skin and creates a flexible, secure seal. After application, lie still for a few minutes and apply gentle pressure around the stoma while the washer bonds to the skin.

If there is leakage...

- For leakage under an intact washer (no erosion), better adhesion is needed. Skin Tac is a wipe-on adhesive that may help.
- If irregular skin contours are creating a problem, try our Cymed Seal – a moldable, stretchable ring that conforms to irregularities.
- If the MicroDerm washer melts too quickly, additional washer material is needed. Add an extra MicroDerm (1mm) or MicroDerm Plus (2mm) washer for durability.

Should I use stoma paste?

Stoma paste is usually unnecessary because Cymed's barriers are so flexible. If stoma paste is needed, it should be used only with the barriers that have washers, not with the Plain MicroSkin barrier.

I am used to wearing a belt.

You may feel insecure during your first few days of wearing MicroSkin if you are accustomed to wearing a belt. The MicroSkin fits tightly and holds securely with out a belt.

I need one hand to hold my abdomen while I apply the pouch with the other. How can I do this with MicroSkin?

Our MicroSkin applicator is designed for one-handed application. The stoma can be visualized through a mirror in the applicator and the convex-shape allows for smooth application of the MicroSkin.

Is MicroSkin hypoallergenic?

Allergic reactions are rare, but they can happen. Many people turn to MicroSkin because they are allergic to other products. If skin allergy is a concern, we recommend doing a "patch test" by placing our product on the abdomen opposite your stoma to see if you have a reaction.

What should I do if a rash or wound develops around the stoma?

Your Ostomy nurse or physician can determine the cause and recommend a plan of treatment. Some rashes are fungal in origin and require medication. Others may be an allergic reaction, or a dermatitis caused by exposure of the skin to urine or stool.

Are the fine wrinkles in the MicroSkin a problem?

These wrinkles are harmless and are a normal occurrence in the manufacturing process. Pinch the wrinkles together. The MicroSkin will stick to itself and seal.

Living without Limitations**Can Cymed's pouch be worn while swimming or hot tubbing?**

Yes! MicroSkin is completely waterproof, yet flat and flexible. Water lovers of all kinds have been able to return to their previous activities such as bathing, swimming and even scuba diving.

What about intimacy?

The MicroSkin barrier is the softest, most skin-like barrier on the market. It provides the ultimate in comfort, both for the wearer and the partner. Smaller mid-size and mini pouches are available depending on your type of ostomy.

Can Cymed's pouch be worn for more strenuous activity like gardening or sports?

Yes! Cymed's pouch was worn through a grueling world-class Ironman Triathlon by John Dermengian. If MicroSkin passed this test, it will very likely hold up to any activity you want to pursue.