

# The crusting technique

## Step 1

Gently clean the skin around your stoma with warm water and pat dry. If you find any stoma paste residue on your skin remove it with either an adhesive remover or try and roll it off with a washcloth. As your skin is already irritated, be very gentle if you're using the washcloth technique! Make sure to not scrub as this will potentially cause further damage to the skin.

## Step 2

Use stoma powder on the irritated areas of your skin. Rest assured that the powder will not hurt your stoma in any way, shape, or form. To avoid clumps forming, make sure to dust off any excess powder.

## Step 3

The next step is to use skin barrier spray or wipes on the stoma powder. If you use skin barrier wipes, you may gently dab the stoma powder down. This will make sure that the powder stays on your skin. If you are using a skin sealant that contains alcohol, fan the skin dry to remove the burning sensation of the alcohol.

## Step 4

When the skin barrier spray or wipes have been used, the stoma powder will dissolve. After about 10 to 15 seconds, a crust will form on the skin that provides the necessary protection and gives your skin a chance to heal.

## Step 5

If the crust doesn't sufficiently protect the skin yet, repeat steps 1 to 4 but make sure that you let each layer dry completely before applying the next one. If your first layer provides enough protection, skip this step.

## Step 6

After the top layer has dried, attach your pouching system as you usually would. If your skin is itchy and/or you develop a rash that doesn't improve, you might be suffering from a yeast infection. In this case, you should speak to your doctor as this will likely require the use of antifungal powder.