

# Adapt Paste

## Ostomy Care Tips

### General Information

- Use to fill or caulk uneven skin contours near the stoma to create a flatter surface.
- Use to prevent ostomy drainage from getting under the pouch seal.

### Using Adapt Paste

1. Wash and dry your skin thoroughly.
2. Apply a small bead of Adapt Paste at the inner edge of the skin barrier - next to the opening where the stoma will be (Figure 1). You may let it sit while you remove your used pouch and clean and dry your skin.
3. Apply additional Adapt Paste to uneven areas near the stoma if needed.
4. Apply your ostomy pouch as usual.

### Frequently Asked Questions

**Q: Does paste make my pouch adhere better?**

**A:** Adapt Paste prevents liquid drainage from getting between your skin and your skin barrier. This protects your skin and often extends the life of your skin barrier. Paste is **NOT** an adhesive and too much paste may actually interfere with a good seal.

**Q: What if the paste touches my stoma?**

**A:** Adapt Paste will not harm your stoma or cause it to stop draining. As you press your skin barrier into place you may see the paste filling in the area around the stoma.

**Q: Do I need to let the paste set up before applying my pouch?**

**A:** Some people find the paste performs better if it is allowed to sit for a short time before it is applied to the skin. If so, refer to step 2 above.

**Q: How should I remove the paste?**

**A:** The paste will come off when you remove your pouch. If you are changing your pouch after a very short time (less than a day) you may see paste residue that should be gently lifted from the skin. If a small amount of paste residue is still adhered to your skin but it appears clean, you can apply your new pouch over it.

**Q: Sometimes my skin stings when I use Adapt Paste, why is that?**

**A:** Adapt Paste and other ostomy pastes contain alcohol which may cause a stinging sensation if you have a skin irritation\*. Adapt Rings are alcohol-free and are an excellent alternative for sensitive or irritated skin.

*\*Irritated skin near the stoma should be evaluated by a healthcare professional who will help determine the cause of the skin problem and how to prevent further injury.*



Figure 1



Stock No 79300 (2 oz.)



Stock No 79301 (0.5 oz.)