



All the products featured in this brochure are available through Salts Medilink® or your usual supplier of ostomy products.

For more information and advice about products featured in this brochure, Stoma Solutions or the Salts Medilink® 24\* Hour Home Delivery Service, please contact: **FREEPHONE 0800 626388** (UK) or **FREEPHONE 1-800 408508** (Ireland) or log on to our website at [www.salts.co.uk/medilink](http://www.salts.co.uk/medilink)

In some areas of England and Wales we are able to arrange for a Salts Medilink Community Nurse to visit you at home. Please call your local Customer Care Centre on the Freephone number above to see if there is a Nurse in your area.



100% designed and manufactured in the UK

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[www.saltsstomacare.co.uk](http://www.saltsstomacare.co.uk)

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HEALTHCARE

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## FINDING THE PERFECT FIT FOR YOU

Advice for parastomal hernia patients from Salts



Validating Salts research into healthy stoma skin

**SALTS**  
HEALTHCARE

Excellence in stoma care

# Fitting a parastomal hernia into your life

If you're suffering from a parastomal hernia, you've probably got all sorts of questions you want to ask. **What is it? What caused it? Why has it happened to you?**

In this leaflet, we'll try to answer some of the more common questions that we hear from hernia patients.

We'll also show you how, with the right choice of products and a sensible lifestyle, a hernia doesn't have to stop you living exactly the way you want to.



## What is a parastomal hernia?

During surgery to create a stoma, the medical team make a small cut in the muscles of the abdomen, around the tummy area.

This makes the muscles weaker around the stoma area, which means a section of the bowel can sometimes push through the muscle wall to form an uncomfortable bulge, or 'parastomal hernia.'

There's no clear, single cause for a parastomal hernia, although older men and people who are significantly overweight seem to be more at risk.

## How will your hernia affect you?

It might reassure you to know that, as a parastomal hernia sufferer, you're not alone. Research shows up to 50% of stoma patients develop a hernia following surgery.

In the early stages, feelings of distress, discomfort and self-consciousness are

common. But the fact that so many hernia patients are getting on with their lives tells you it doesn't have to be a major problem.

Your Stoma Care Nurse can put you in touch with support services to help you with the emotional issues of coping with your hernia.

**Remember, you don't have to suffer in silence!**

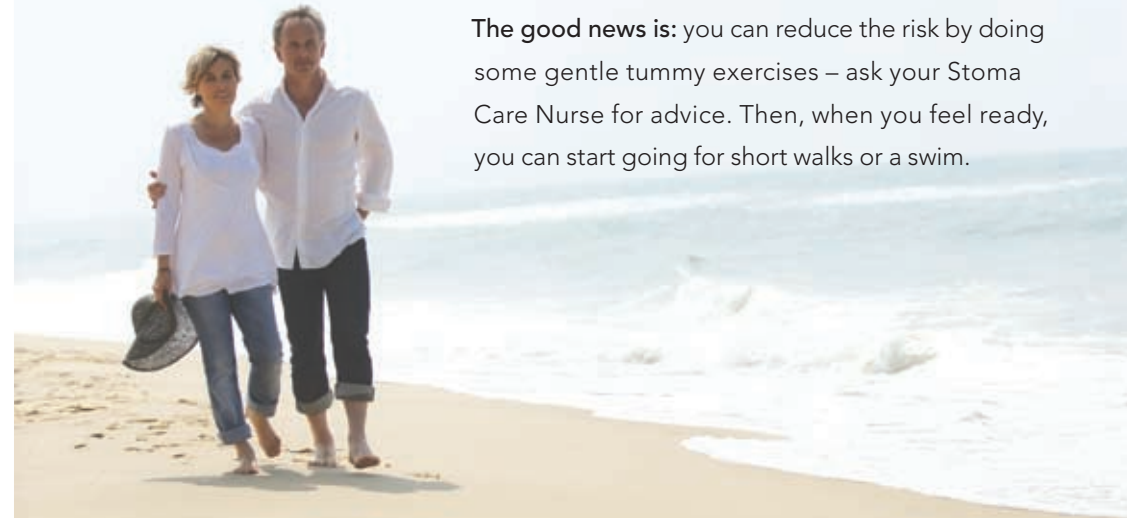
# Some ways to help prevent a parastomal hernia

Even if you haven't developed a parastomal hernia after your operation, there is still a chance of it happening in the weeks and months ahead.

Most parastomal hernias develop over time, after surgery; it might be a couple of months after, 12 months post-surgery or possibly even longer.

**Remember, you should always speak to your Stoma Care Nurse before you set out on any programme of exercise.**

**The good news is:** you can reduce the risk by doing some gentle tummy exercises – ask your Stoma Care Nurse for advice. Then, when you feel ready, you can start going for short walks or a swim.



## Other tips to reduce the risk of developing a hernia include:

- Avoiding any heavy lifting for at least 3 months after your operation
- Standing and sitting up straight at all times
- Using a support belt or girdle if you're lifting things at work or home for 12 months after your operation
- Watching your weight and following a healthy diet
- Supporting your stoma and abdomen with your hand when you cough for the first few months after surgery.

## “Thank you, Salts, for designing such great products”

We talked to Mrs P, aged 69, from Leicestershire, about her experience of life with a hernia.

“I had surgery to form a colostomy back in March 2007 after suffering from bowel cancer. I tried to take it easy for the first few months and avoided heavy lifting. However, I still developed a hernia. I was upset to begin with – I’d just gotten used to having a stoma and then I end up having to battle with this bulge from my abdomen.

But I soon saw that there was help out there and I would be able to carry on as normal.

My Stoma Care Nurse introduced me to products from Salts Healthcare and I was so pleased that they offered a suitable fit for hernias. I like being able to choose between a one- and two-piece product, so I was happy to try **Harmony Duo** and **Confidence Natural**, when it became available. I found that there were advantages to both.”

*Thank you, Salts!*



Mrs P wearing Confidence Natural closed

“The cut-outs on the wafer mean that it sits perfectly around my stoma and hernia, and doesn’t crease. It’s very soft against the skin, too.”



Mrs P applying Harmony Duo

“With the flexible flange, it’s so easy to apply, even though my hernia can make it quite difficult to see what I’m doing. The clever notch and locator match up so you know it’s in the right place just by feel.”

## A better fit for hernia patients from Salts

One of the most persistent problems parastomal hernia patients face is securing an effective fit for their wafer. Because a hernia creates an irregular ‘bulged’ surface, the adhesion of conventional wafers is often compromised, leading to leaks and discomfort.

So Salts set out to overcome the problem with a range of ‘hernia friendly’ products that offer easier fitting, extra security, added confidence and improved comfort.

It means that, whatever the size and shape of your hernia, you’ve got complete peace of mind in the knowledge you couldn’t choose a more perfect fit.



Confidence® Natural is Salts' most popular pouch for hernia patients. And with good reason. Not only does it offer all the comfort, convenience and flexibility of a one-piece pouch, it also features a unique Flexifit® wafer. This wafer's unique, five-sided shape is specially designed to fit more securely against the curved surfaces of your hernia. Once in place, it flexes with the natural movements of your body to reduce leaks and prevent irritation. So it's ideal for those who need the confidence of knowing that they can rely on a perfect fit, every time.

Confidence Natural is available in a choice of closed or drainable pouches, both featuring the Flexifit wafer, infused with Aloe Vera extract for smoother, softer skin.



**NATURAL SOFTNESS**  
Infused with Aloe Vera extract to soothe sensitive skin

**NATURAL PROTECTION**  
Skin-friendly hydrocolloid, research into which is validated by The British Skin Foundation



**NATURAL COMFORT**  
Soft edges for increased comfort

**NATURAL LOOK**  
Discreet, flesh-coloured pouch



For more advice and FREE product samples, call Medilink on FREEPHONE 0800 626388

# Harmony<sup>®</sup> Duo

WITH FLEXIBLE WAFER



CLOSED



DRAINABLE

All the advantages of a one-piece system; all the convenience of a two-piece. With its unique docking system, flexible wafer and skin-friendly flange, **Harmony Duo** makes pouch changes quick and easy. And even if your hernia makes positioning awkward, its locator on the wafer matches up with a notch on the pouch, allowing for simple, accurate application which you can trust.

The flexible wafer option provides an extra area of adhesive with its hydrocolloid surround. This offers you the further comfort, security and peace of mind that's needed when you have a hernia.

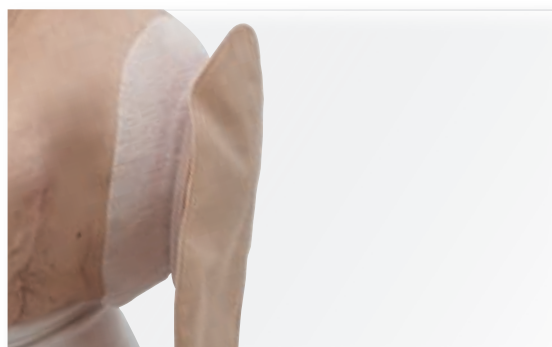


## EASY APPLICATION

Ideal if you have a hernia, the locator and notch match up for simple, accurate positioning every time

## SLIM PROFILE

A two-piece system that is as slim and discreet as a one-piece – great if you have a hernia, it means you can wear what you like, when you like

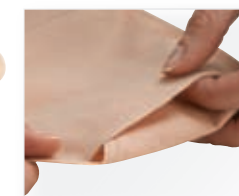


## SOFT AND FLEXIBLE

Low-profile flange with hydrocolloid surround, designed to move as *you* do

## REPOSITIONABLE FLANGE

Strong, yet repositionable, adhesive between pouch and flange affords extra security and peace of mind



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DRAINABLE



UROSTOMY

Confidence® Comfort Drainable and Confidence® Gold Urostomy, with their large oval wafers, are ideal for fitting over hernias because the larger area of adhesive provides extra security around the hernia. This means there is a reduced risk of leaks and sore skin, giving you added confidence.



## Confidence Comfort Drainable

**SKIN-FRIENDLY:** non-allergenic hydrocolloid for even the most sensitive skin

**DISCREET:** reduced "headroom" so the top of the pouch does not fold over and drag

**ANATOMICAL SHAPE:** for increased comfort and easier draining

**OVERLAP COVER:** for easy positioning

**QUIET:** quieter inner layers reduce rustle

**COMFORTABLE:** silky soft covering and gently rounded outlet profile



## Confidence Gold Urostomy

**SKIN-FRIENDLY:** non-allergenic hydrocolloid for even the most sensitive skin

**COMFORTABLE:** silky soft covering on both sides with 'overlap' cover for easy positioning

**SECURITY:** positive action, wide bore on/off tap with integral drip cap



## Choose from a range of Stoma Solutions



SOLUTIONS

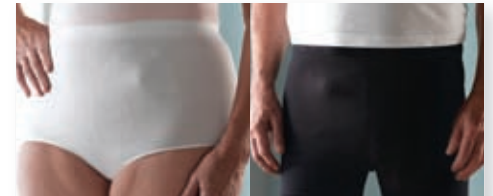
Salts also offers a range of solutions to give you extra confidence and security in everyday life:

### Simplicity® Stoma Support Wear

Simplicity stoma support wear provides light support helping to make you feel more comfortable. Available in black or white, these ladies' briefs and unisex boxers are made from a two-way stretch fabric that's comfortable and close fitting, while allowing complete freedom of movement.

- Ribbing for secure pouch support and flush finish
- Higher waistband to cover pouch and hernia
- Available on prescription

- Deep waistband for added comfort
- Virtually invisible beneath outer clothing
- Soft and comfortable against the skin
- Light, breathable and antibacterial



Heavier support garments are available – talk to your Stoma Care Nurse

### SecuPlast® Hydro and SecuPlast® Hydro Aloe Vera

Having a hernia may cause the edges of your flange to lift from the skin, but SecuPlast Hydro security strips will prevent this from happening by securing the edges.

The extra area of hydrocolloid provides further protection against leakage and sore skin.

These strips can be used with any type or make of pouch. Plus, SecuPlast Hydro is now available infused with extracts of Aloe Vera, which may help to protect the delicate area of skin around your stoma.

- Easy to use: simply use as many strips as you require
- Skin-friendly – unlike microporous tapes
- One size fits all types and makes of pouches and flanges
- Available in original, or infused with Aloe for softer skin



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