

Using Adhesive and Provox Shower Aid

Patient Information

Equipment: Adhesive housing
Provox Shower Aid
Skin cleanser – this can be a cleaning towel, baby wipe or soap and water
Skin preparation

Step 1: Clean the skin around the stoma

Clean the skin around the stoma region with your chosen skin cleanser. Ensure the skin is dry after cleaning.

Step 2: Use skin preparation

Using the skin preparation gently wipe the skin around the stoma. Avoid inhaling the fumes by wiping in the direction away from the stoma. Allow the skin to dry and become tacky.



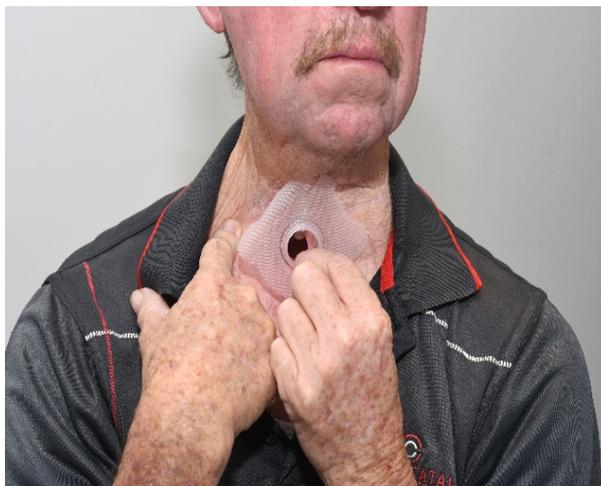
Step 3: Remove backing sheet

Remove the backing sheet of the adhesive without touching the sticky adhesive.

Hold the silicone mould in the centre. Align and place the adhesive over the stoma so that:

- 1) the hole lines up with the bottom of your stoma and
- 2) the adhesive covers the voice prosthesis tag (if relevant).

Massage the skin gently to ensure the adhesive seals completely with the skin and voice prosthesis tag, avoiding air pockets. Allow to settle for a few minutes.



Step 4: Insert the Shower Aid

Insert the Shower Aid into the adhesive. Breathe normally. Allow time to feel comfortable with the Shower Aid in place.



Step 5: Remove the Shower Aid to cough and clear secretions

Remove the Shower Aid to cough and clear secretions.

Place pressure on adhesive with one hand when removing the Shower Aid so not to pull the adhesive away. Gently twist it out as you pull.



Care and replacement:

- **Adhesive:** The adhesive can remain in place providing it is completely sealed against the skin. When removing adhesive from the skin, use adhesive remover pad or damp cloth to gently pull adhesive away from the skin. **If you have a voice prosthesis tag, remove the adhesive in an upward direction and be careful not to pull the adhesive too quickly or firmly so you don't remove the voice prosthesis.** Ensure the skin is clean and dry before applying a new adhesive. Monitor your skin for any reaction.
- **Shower Aid:** After use clean with warm soapy water and allow to dry completely.

Notes:

