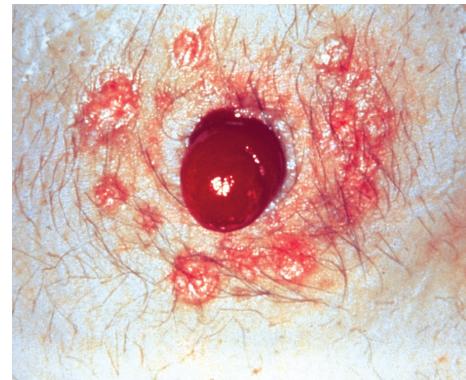


Folliculitis

Patient education

Coloplast®
Academy

Folliculitis, or infection of the hair follicles, can result from a barrier being removed too roughly or shaving peristomal hair incorrectly or too often. Marked by tiny, red, pus-filled bumps, folliculitis may be very painful.



Supplies needed

- Measuring guide
- Coloplast® barrier Order #: _____
- Coloplast® pouch Order #: _____
- Brava® Powder Order #: _____
- Skin protective agent (Brava® Skin Barrier Spray) Order #: _____
- Toilet paper
- Soft washcloth or soft paper towel
- Warm water
- Plastic bag

To avoid folliculitis

- Clip the hairs on your peristomal skin with scissors.
- Use an electric shaver.
- If you use a safety razor, use a non-moisturizing shaving cream or gel and shave in the direction the hair grows.

Treatment

1. Clean your skin with warm water and a soft paper towel or washcloth.
2. Rinse and thoroughly pat dry.
3. Apply Brava® Powder (if suggested by your physician) and rub it in lightly. Wipe off any excess.
4. Apply Brava® Skin Barrier Spray and let dry.
5. Repeat steps 3 and 4.
6. Apply pouching system. (**Warm the barrier** between your hands prior to application. After applying, warm the barrier against your body for optimal wear time.)

If the irritation has not improved when you change your pouching system again, contact your physician or WOC Nurse, who may prescribe a medicated powder.

Additional information

WOC Nurse: _____

Physician: _____

Ostomy supplier: _____

Phone number: _____

Address: _____

Special instructions

The recommendations and information in this material should not be considered a substitute for personal medical advice or diagnosis.