

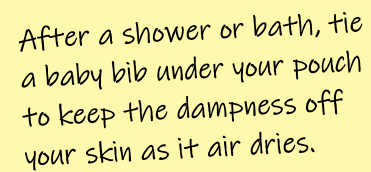
## Showering & bathing

As soon as your incisions have healed and you're cleared for showering, you're good to go!

You can shower and bathe with the appliance on or off. Both are perfectly fine. Many people shower with the appliance on until it's "change day," when they and their stomas can enjoy complete freedom in the water. If you're having a "naked" shower, just remember not to aim a hard stream of water directly at your stoma. You're not sand-blasting here.

It's possible your stoma could produce output while you're showering with your appliance off. Some people find that eating a few marshmallows about 10–20 minutes earlier will gently "plug them up" for a brief period. If marshmallows don't work for you, maybe you'll discover another food that has that effect, like peanut butter or bananas.

The only drawback to keeping the appliance on is that the pouch stays wet for a while (some brands more than others). You can towel it off or use a blow dryer on a gentle setting. If you find a damp pouch really annoying, you can always cover the appliance first with plastic kitchen wrap, sealing the edges with waterproof tape. Or use PRESS'N SEAL<sup>®</sup>, a self-sticking plastic film.



*After a shower or bath, tie a baby bib under your pouch to keep the dampness off your skin as it air dries.*

If you wear a 2-piece appliance, you can always do a "half-naked" shower – keeping the baseplate on but removing the pouch. This is a particularly good compromise if you're pretty sure you'll have no output for the next few minutes, but it's not time to change your baseplate yet.

There are various "shower guards" on the market – some like plastic aprons, and others like shower caps for the pouch. I've heard of one ostomate using plastic sandwich bags. She makes a vertical slice on one side to slip her pouch through, and puts it on like a rain sleeve, with the opening at the bottom.