

# SELECT Afresh\*

## Fitting your pouch

### Choosing the correct size pouch

If your stoma is round then the Select Afresh range is available in pre-cut sizes which will give a snug fit (see overleaf for sizes and codes).

Use the enclosed measuring guide and choose a hole size which is the same or slightly larger than your stoma.



### Cutting the skin protector

If your stoma is not round or you wish to cut a particular circle, trace the shape onto the release film and cut with curved scissors.



### Preparing the skin

Ensure the area around the stoma is clean and dry.

### Applying the adhesive skin protector

First remove the release film. Fold back the top of the pouch and locate by placing the lower part of the skin protector below the stoma. Now press the whole skin protector against your skin and smooth with your fingers (this also helps to warm up the skin protector which improves the adhesion).



### To remove

Peel the skin protector away from the skin.

### Filter cover

Filter covers are normally used when bathing or to prevent 'pancaking'. A cover may be applied by lifting up the split fabric and placing the cover over the filter which can be seen as a dark circle.

