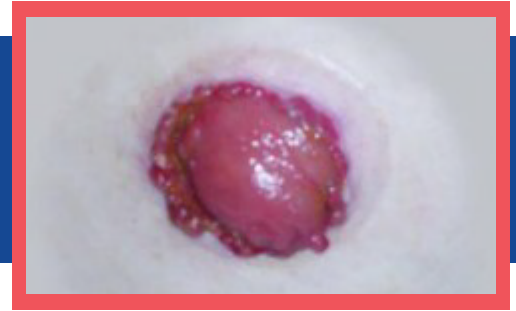


# Managing Stomal Granulomas: A Practical Guide



## What is Granuloma

- Stomal granulomas are typically red, small, raised bumps around the stoma
- It's seen where the stoma meets the skin, also be seen on the actual stoma.
- It may not be visible at all if it starts bleeding, you should get a stoma exam.
- Granuloma single or multiple it can affect a larger area or range in size from very small to very big

## Why

- Friction of a poor fitting ostomy appliance, which may rub against the stoma itself.
- Constant skin irritation as a result of effluent touching the skin.
- Can also develop as a result of the skin's healing after surgery or from an infection.

## Precaution

- To make sure the stoma device fits right.
- There should be a gap of about 1 to 2 millimeters around the stoma. • Make sure the edge of the hole doesn't rub the stoma, and make sure the effluent doesn't touch your stoma or get on your skin.

## Treatment

- Use orabase protective paste
- Silver nitrate sticks or pencils are best because they cause chemical burn and reduce the size of the granuloma. They can be applied once a week for four weeks (when you change your appliance)
- A mouldable flange can be used to reduce friction.

Consult your ET nurse or surgeon to have the granulomas removed if they are not responding, have spread to a large area, or are heavily bleeding.

Cryotherapy (freezing the tissue impacted by granulomas) may be considered by specialists

Unfortunately, granulomas can re occur despite being treated.