

## Stoma Care Guide: Crusting Technique for Damaged Skin



### What is crusting?

Crusting is a paristomal skin care procedure that involves creating a 'crust' with an ostomy powder and an alcohol-free barrier film

### Why

The crust protects the skin from stool and urine

### When

When the skin is severely damaged, or when it is wet, weeping and denuded.

### Steps are as follow

1. Clean the paristomal skin around the stoma with warm water, avoid soap and pat the area dry.
2. Sprinkle skin barrier powder onto the peristomal skin.
3. Allow the powder to adhere to the moist skin.
4. Use a tissue or gauze pad to gently press the powder onto the damaged skin.
5. Dust excess powder from the skin using a gauze pad or soft tissue.
6. The powder should stick only to the raw area and should be removed from dry, intact skin.
7. Using a blotting or dabbing motion, apply the skin barrier over the powdered area
8. Do not use a swiping motion as this will only remove the powder and not achieve your goal
9. Lightly spray the area if you're using a skin barrier spray..
10. Let the film dry and soak into the powder.
11. You will see the powder turn white again....this is your "crust".
12. You can test for dryness of the crust by gently brushing your finger over it; it should feel rough but dry.
13. Repeat steps two to four times to achieve a crust.
14. You may apply a pouching system over the crusted area.
15. Stop using the crusting procedure when the skin has healed and is no longer moist to the touch.
16. Watch a video of the crusting procedure posted in the what's app groups