



Ostomy Crusting Technique





Crusting

Crusting is a technique used on exposed, weeping, or raw tissue to heal the peristomal area. Peristomal refers to the skin immediately around the stoma, where the wafer of an ostomy appliance adheres. Damaged, weeping skin complicates the adherence of the ostomy appliance. Crusting is a combination of applying layers of stoma powder and a barrier to develop a dry crust over the involved area. This method should not be used as a preventative measure, as the appliance will not adhere to intact tissue.

Supplies Required

Stoma powder, barrier spray, or wipes.



Crusting Technique Procedure

- 1.** Remove the appliance. Cleanse the area with lukewarm water.
- 2.** Pat dry and allow to air a few minutes to assure the area is moisture free.
- 3.** Lightly dust the weeping area with stoma powder. Include the area immediately around the stoma bud. The individual may need to lie flat while doing this procedure. Allow the powder to absorb the moisture of the peristomal area.
- 4.** Lightly dust off excess powder with a gauze pad. The residual powder will adhere to the weeping areas.



5. The barrier is applied next. If using spray, apply lightly over the powdered area and allow to dry. If using the wipe, pat or dab the area. Do not use a wiping motion. This step may be repeated several times to build up multiple layers.
6. After the desired coverage is achieved, the appliance is immediately applied. Applying too much powder or barrier may cause the appliance not to adhere; therefore, this method is only used when the peristomal area is wet and weeping. If peristomal irritation continues, a different type or style of appliance may be induced.
7. Change appliance every 2-3 days until the peristomal area is healed. Optimal wear time of an appliance time is 3-5 days. Always change the appliance prior to leakage, if possible.

Sources:

1. www.earlamperistomalskincare.blogspot.com/2014/11/crusting-method.html
2. www.veganostomy.ca/crusting-technique/