

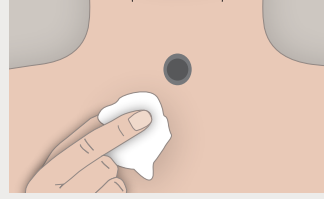
## 1. Clean



Clean the skin around your stoma with Provox Cleaning Towel, or with soap and water. Ensure the skin is clean and free from mucus, adhesive removers, and creams. Let it dry. When cleaning the skin from residual glue, prevent particles/fluids from entering the stoma.

**Tip when cleaning:** Trim/shave all hair around the area of application

## 2. Prepare

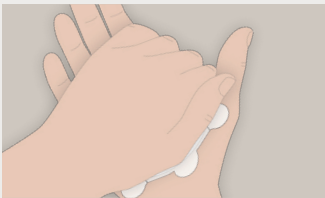


If needed, apply Provox Skin Barrier and let it dry. Provox Skin Barrier leaves a protective layer on your skin.

For Night Adhesive, do not use Provox Skin Barrier or products such as soap or skin cream that leave an oily residue on the skin, as they may prevent the Night Adhesive from sticking properly.

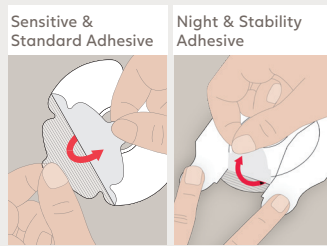
**Tip when preparing:** If you need strong attachment, apply Provox silicone glue sparingly. Silicone Glue can not be used with Night Adhesive!

## 3. Apply

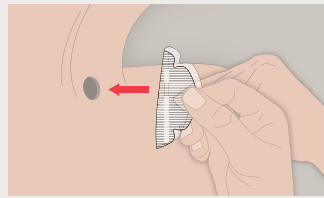


a) Rub the adhesive between your hands to warm it up.

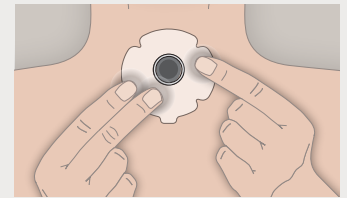
Night Adhesive does not benefit from pre-warming



b) Remove the protective paper. For Night and Stability Adhesive, start by removing the middle liner and then remove the side liners once the middle part is on the skin.



c) Apply the ring of the adhesive as close as possible to the opening of your stoma. Keep your neck in a neutral position, do not pull or stretch the adhesive.

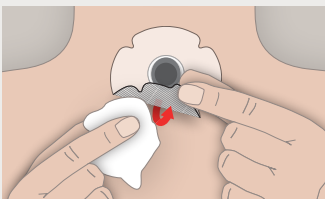


d) Gently massage the adhesive onto your skin. Start from your stoma and gently massage outwards. Finally, massage the entire adhesive.

### Tips when applying:

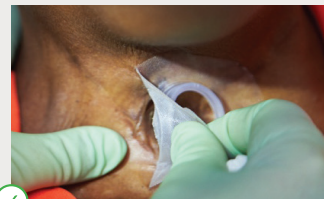
- Avoid gaps and wrinkles that can allow mucus to enter between the adhesive and the skin, causing air leaks.
- Don't speak too soon after applying the adhesive; allow the adhesive to bond to your neck for about 15 minutes if possible.
- Don't touch the sticky adhesive layer when applying it to your neck, as this will reduce the overall adhesion.

## 4. Remove



Start at the fingerlift tab and, at a low angle, remove the adhesive slowly and gently, supporting the skin as you peel. For Standard and Stability Adhesive, first apply Provox Adhesive Remover on top of the adhesive. Then lift the fingerlift tab carefully and add more underneath the adhesive.

Remove the Night Adhesive by using a wet cloth. Make sure no water drips into your stoma.



**Tip when removing:** Use Provox Adhesive Remover for easy removal.

### Tips and Tricks for an airtight seal

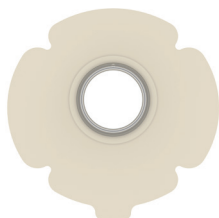
- Try not to speak too loudly or with too much force
- Remove the HME from the adhesive when you begin to cough
- Always hold the adhesive in place with 2 fingers when removing the HME
- After you cough, carefully remove the mucus and do not allow the mucus to seep underneath the adhesive

### How to Minimize Skin Irritation

- Avoid repeated adhesive changes, talk to your clinician if you are changing your adhesive multiple times during the day
- Don't leave adhesives on for too long. Establish a change routine that optimizes a secure seal for the duration of a full day, allowing for scheduled changes at a convenient and hygienic time of day

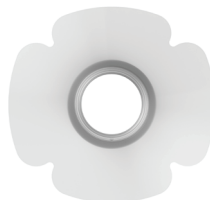
## Provox Life Sensitive Adhesive

Sensitive adhesive is a skin-friendly adhesive for all patients. It provides a good seal.



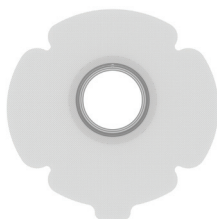
## Provox Life Night Adhesive

Night adhesive is a soothing and comfortable adhesive for patients with irritated or breached skin.



## Provox Life Standard Adhesive

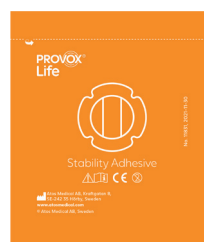
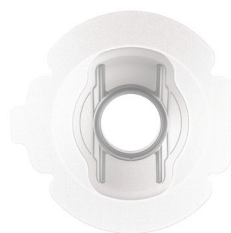
Standard adhesive is a strong and flexible adhesive for patients with healthy skin.



Not recommended post-surgery.

## Provox Life Stability Adhesive

Stability adhesive provides firm support for patients who speak frequently, have a deep stoma or speak handsfree.



Not recommended post-surgery.

|                                                                                     | Description                                                                             |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
|  | <b>Provox® Cleaning Towel</b><br>To clean the skin before putting on an adhesive        |
|  | <b>Provox® Skin Barrier</b><br>To leave a protective layer on the skin                  |
|  | <b>Provox® Adhesive Remover</b><br>To help remove the adhesive                          |
|  | <b>Provox® Silicone Glue</b><br>Improves the adhesion between the skin and the adhesive |

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Always read the Instructions for use before starting to use any of the products.  
For Instructions for use, please visit [www.atosmedical.com](http://www.atosmedical.com).