



## Young Ostomates United Inc

ABN 79 272 702 798

Young Ostomates United (YOU) Inc was formed in October 1989.

Our original website was launched in October 1998 and was available until May 2002.

We've presented here a few of the more popular pages of the original site.

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# FASHION TIPS

(Presented at Fashion Parade at World Ostomy Day)

By Anne Epifanio

## Children's Wear:

### Baby Ostomates:

- One piece outfits are recommended as they prevent the baby from pulling at the bag;
- Dresses and dungarees are a good idea;
- Avoid stiff waistbands or belts. If they are really necessary, try them on the baby to ensure that they will not slip off or catch on the appliance;
- Avoid tight or clinging fabrics as these may catch obstruct free drainage and show the appliance;
- Avoid bare midriffs;
- Ensure baby's nails are kept short.

### Toddlers & the Older Child:

- Use Velcro to adapt items of clothing that the child may perhaps be unable to wear;
- Add an internal pocket at the level of the appliance to make wearing it more comfortable. This also decreases the likelihood of embarrassing accidents.

### Swimwear:

- Use 'Fast Net'. It is used as a support under bathers and can hold the appliance in place. It is available in different sizes at low cost. Just cut a small piece the length of the appliance and place it around the appliance;

- The 'fast Net' is also a good idea if you would like to let your baby crawl around on the floor in warmer weather wearing just a nappy;
- Board shorts and Lycra bathers are ideal;
- Wide waistbands can help hide scars and the tops of the appliances;
- Bathers with frills around the bathers or bows on the side of the appliance can help hide it from view;
- Shorts and t-shirts are a good idea for boys. Rash vests can help too;
- Bold patterns or stripes and dark colours help to disguise the appliance silhouettes;
- A full range of paediatric appliances also exist which can be used when swimming.

## **Clothing for Adults:**

### **Fitted or Tight Clothing:**

Many new ostomates are concerned about wearing tight / fitted clothes. The following suggestions may be helpful:

- Wear floral prints;
- Wear pantyhose for extra support;
- Consider a different type of clip on the appliance which is less noticeable;
- Place bag to the side instead of straight down – with bottom of back pointing down toward the middle of your body;
- Place the appliance in a bag cover or pouch;
- Skin-tight clothing can bruise your stoma.

### **Underwear:**

- High waisted briefs exist for both men and women;
- Lycra sports pants exist for women;
- Many companies are now producing high waisted underwear, especially in Lycra which helps to hold everything together and disguise the appliance.

### **Work Wear:**

- Avoid tight clothing over long hours. Loose fashions are ideal;
- Consider pleated or loose pants/trousers;
- Straight dresses are ideal for the women and suits for the men;
- Braces may be more comfortable than belts;
- Tip: for extra support place the foot of a stocking over the appliance;
- It may be useful to keep a change of clothing or at least skirt/pants in your locker for unexpected accidents;
- Keep a spare appliance in your locker. Include some clips, flanges, appliances, wipes, tissues, scissors and a pack of nappy bags for disposing of the used appliance hygienically.

### **Casual Wear:**

Today, everyone is looking for casual wear that is both comfortable and versatile. For the ostomate, a few suggestions are:

- Track suits;
- Jeans;
- Overalls;
- Skirt and tops;
- Shorts etc.

### **Beach Wear:**

An ostomy should not stop you from participating in fun activities such as water sports or sport in general. It is often a matter of gaining confidence to get back to your favourite activity or try new ones!

- Special appliances do exist for swimming. They are smaller, do not have a clip and are water resistant. However, they do need to be emptied more frequently. Ask your association about them or speak to a company representative.
- For anyone involved in water sports, always keep your towel handy. It makes a great sarong until you reach the privacy of change rooms. Always bring spare appliances with you. These can fit easily into a beach bag or bum-bag.

For the women:

- High cut bathers are not a good idea. Consider some of the 1950's styles that are currently in fashion;
- Floral or patterned bathers can help disguise the appliance;
- Dark colours do the same;
- Bathers that cross over at the front, are gathered or have a tie at the side are another option;
- Try wearing full Lycra briefs under the bathers for added support;
- Some ostomates have suggested that G-strings are very good for supporting the appliance;
- Combine shorts (ie: bike or board) with a colourful top (ie: bikini, crop or tank).

For the guys:

- Board shorts are a good idea especially if they have lining;
- Lycra underwear is also recommended under the bathers;
- Jean shorts - cut down your favourite old faded jeans. The sturdy fabric is excellent for swimming, but they will stay wet longer;

### **Evening Wear:**

- Suits for the boys;
- Long, straight dresses for the girls;
- Feel good about yourself and be confident. More often than not, you can still wear the same clothes as you did before the stoma.

### **Nightclub Attire:**

- Depending on the nightclub, the expected fashion code can vary from casual to formal. So be comfortable;

- Baggy jeans are good for comfort when dancing;
- A bodysuit is also comfortable and provides some added support under pants or skirts;
- T-shirts are in fashion too.

### **Lingerie:**

For any nocturnal pursuits, sexy lingerie is possible.

- For both the guys and girls, try silky boxer shorts with a matching dressing gown or top;
- A silk chemise or night-shirt;
- Silk pyjamas;
- For the ladies, camisoles with matching bottoms or one-piece teddies;
- Some ostomates also recommend G-strings for comfort.
- Smaller appliances are also available for those intimate moments. Contact your Association or Company representatives for the details.

### **For the more intimate moments:**

- Empty the appliance before going to bed;
- Tie a long silky scarf around the appliance at intimate moments or the guys may like to use a cummerbund;
- 'Fast Net' or a stocking can be used to hold the appliance in place;
- A bag cover may help;
- In Melbourne we have a member who specialises in lingerie and bag covers for ostomates. Contact us for details.

Details:

AnneMaree's "Bag-a-Bag"

Kerry Kenny for bag Covers and Cummerbunds

Rosemary Marshall's "Cover Me".