

Outpatient ostomy care program

Patient guide

About our program

Adult and pediatric patients receive specialized care from registered nurses with advanced training in wound, ostomy and continence (WOC) disorders.

Our nurses are part of a prestigious group of medical professionals who have graduated from an accredited program to earn their advanced WOC certification. In keeping with their commitment to patient care and education, they are recertified every five years.

Inova's providers assess and treat the following peristomal skin complications:

- **Excoriation** – red, weepy, possibly bleeding and sore areas of the skin
- **Rash** – itching and redness around stoma, which may be caused by candida
- **Contact dermatitis** – itching, burning or stinging, redness, and areas of moist skin surrounding the stoma
- **Ulcerations** – red, weepy, and/or sore areas of the skin surrounding the stoma, which may be caused by disease process or improper use of barriers
- **Peristomal hernia** – weakness in the abdominal wall that allows the bowel to protrude under the skin and appears as a bulge surrounding the stoma
- **Stoma retracted or flush with the skin** – patient's barrier seal can be improved by changing pouch type or adding products
- **Body contour changes** – patients are reevaluated and pouching system used is adjusted to increase wear time

Services

In addition to clinical assessments and treatments, our ostomy care team provides:

- **Pre-surgical ostomy site marking**
- **Pre-surgical education** – patients will learn how to care for an ostomy, pouching systems, and diet and lifestyle changes
- **Post-surgical care** – patients will receive written home

instructions, educational materials and information on how to obtain supplies, including a description of the various pouching systems currently available

- **Appliance fitting and adjustments** – we offer assistance with difficult stomas to help individuals maximize wear time

Schedule an appointment

Appointments are available at four locations:

Dorothea R. Fisher Wound Healing Center at Inova Mount Vernon Hospital

2501 Parkers Ln, Alexandria, VA 22306

Call 703-664-8025

Phone Lines open Monday – Friday, 8 a.m. to 4:30 p.m.

Inova Wound Healing Center – Fair Oaks

3700 Joseph Siewick Dr., Suite 105, Fairfax, VA 22033

703.664.8025

Phone lines open Monday – Friday 8 a.m. to 4:30 p.m.

Inova Wound Healing Center – Fairfax

3299 Woodburn Rd., Suite 180 Annandale, VA 22003

703.664.8025

Phone lines open Monday – Friday 8 a.m. to 4:30 p.m.

Inova Wound Healing Center – Lansdowne

44055 Riverside Pkwy., Suite 150 Leesburg, VA 20176

703.664.8025

Phone lines open Monday – Friday 8 a.m. to 4:30 p.m.

To prepare for your appointment:

- Please arrive 20 minutes prior to your scheduled appointment time
- Bring a picture ID and your insurance card
- Bring your current pouching system
- Should you need to cancel your appointment, please call at least 24 hours in advance
- Check with your insurance company before your appointment for information regarding copays and referral requirements