

Miami Aftercare

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Pouch Concealment by Leanne Richbourg

Presented at WOCN National Conference Salt Lake City, Utah,
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- Spanx and Spanx-like products
 - Available at most department stores, discount stores such as Target and Walmart
 - “Even things out”
 - Around \$18.00
 - Vassarette panties
 - Carried at Walmart
 - Tighter than a pantie but looser than a girdle
 - About \$4.00 each\
 - OSTOmysecrets
 - Men and women
 - Pouch inside panties
 - Many styles
 - Options
 - “Granny panties”
 - Boy leg panties
 - Double underwear, pouch in-between
 - Post-partum panties (\$10.00-\$20.00)
 - Nordstrom Halogen Camisole: 10 inches long or 17.5 inches
 - Shaping camisoles available at most retailers from Nordstrom’s to Walmart\
 - Maternity wrap available from most retailers from Nordstrom’s to Walmart
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- Tennis shorts and Bike shorts
 - Patterned shirts and dark pleated pants
 - Asymmetrical shirts and dresses, tunics and shark bite dresses
 - Pants and jeans with elastic inserts and waistbands
 - Tunic tops, stretchy jeans and leggings
 - Untucked tee shirts, sporty pants and OSTOmysecets wrap
 - Layers, long tunics, shrugs, sweaters
 - Maternity jeans and maternity tee shirts with a little flare
 - Indigo blue maternity jeans from Motherhood maternity
 - Tops that gather in the front or have pleats in the front

- I wear my pouch sideways, depending on what I am wearing
- I always wear it sideways when wearing a bathing suit
- Stealth Belt (\$99.00)
- Comfort belt (\$99.00)
- Chico's jeggings with a short zipper

- Low or midrise jeans and tuck the bottom of the pouch into the jeans. This allows it to fill half way and you would not it to fill more than this anyway.
- Dark colors, scarves, necklaces
- Stoma Guards
 - Stomaplex
 - Freedom Guard
 - Stoma Armor
 - Ostomy Resolutions
- Resources:
 - You Tube
 - Vegan Ostomy
 - The Front Butt YouTuber
 - Stephanie Hughes
 - Crohnie Bologna IBD
 - Team Rebecca
 - University of Chicago
 - Jearlean Taylor
 - On-line Discussion Forums
 - Inspire.com
 - Colontime.org

<https://www.youtube.com/playlist?list=PLD74AI9w5p2geebC3oWs7wt1NOaf-zmj>

Copy and paste this into your browser for 5 videos of ostomates sharing clothing and concealment tips