Miami Aftercare
July 23, 2019

Pouch Concealment by Leanne Richbourg
Presented at WOCN National Conference Salt Lake City, Utah, May 2017

- 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

- 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 OSTOMysecrets 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:
  • YouTube
    Vegan Ostomy
    The Front Butt YouTuber
    Stephanie Hughes
    Crohnie Bologna IBD
    Team Rebecca
    University of Chicago
    Jearlean Taylor
  • Online Discussion Forums
    o Inspire.com
    o Colontime.org

https://www.youtube.com/playlist?list=PLD74Al9w5p2geebC3oWs7wt1NOaf-zmj

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