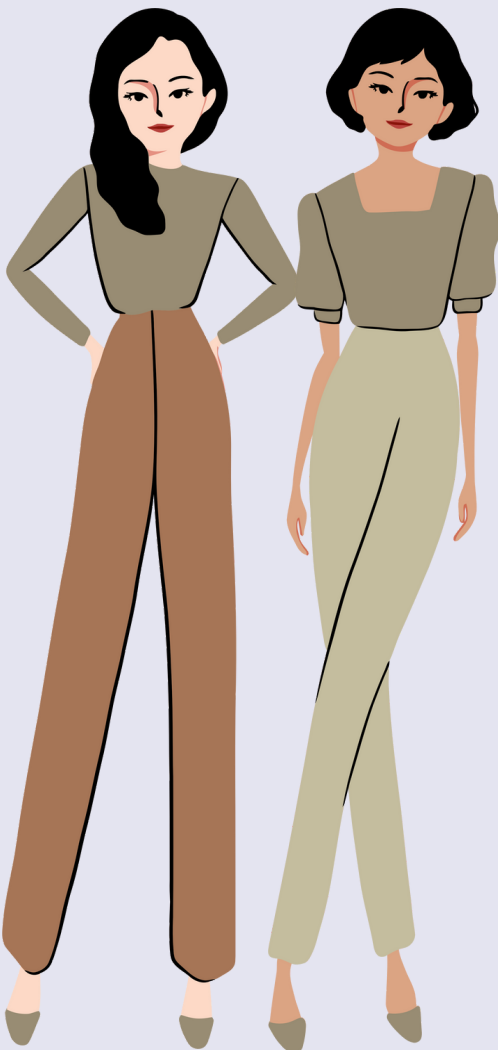


Overview

One of the most immediate changes a new ostomate deals with is what to wear now that you have an ostomy. Sometimes you can comfortably wear your old clothes, but some stuff may just not sit as comfortably as it used to. Here are some of our favorites to help you get started!



General Tips Pants and Underwear:



Leggings: If you do not like having your pouch hang freely, leggings can hold it in place where you want it while also allowing your output to come out unhindered. There are even high-waisted styles that can help hold wound dressings where they need to be without tape.

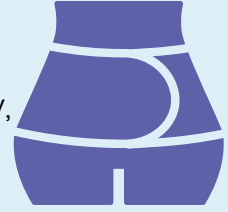
Maternity Pants - Don't be afraid to check out the maternity sections when you are looking for pants. The stretchy waistband has been a game changer for many an ostomate, and the styles now are just as cute as regular pants. Jeans especially can be more comfortable with a softer waistband, and some don't even have buttons that might potentially poke at you.

Underwear: Some people prefer high rise underwear over lower rises as they can tuck the pouch into it. Others prefer low rise so the pouch can be a little more free. It all depends on what you are most comfortable with, and sometimes you may find different underwear serve you better depending on what you are wearing. There are many people who swear by the high rise fit when they wear dresses and skirts, but prefer lower rise when wearing pants.



Wraps, belts, belly bands, and intimacy

There so many different types of products out there that fit in this category, and it just depends on what you are looking for. These are some of our favorites!



Maternity Belly Bands - You can find these at places like Target etc. They work well if you are looking for very flexible support to keep your pouch in place as well as wound dressings. They can also be great under dresses and skirts.

Bag/Pouch Covers- You can find these on etsy, at Aerie, or some of the companies listed below like Abilitee. Some women prefer having a bag cover for added comfort. as they place a layer of cloth around one's pouch. These can also be cute fashion accessories for the beach or add a layer of security for intimacy,

The following companies offer options for belts, belly bands, and intimacy apparel:

Stealth Belt - <https://www.stealthbelt.com/>

These belts are a huge hit in the ostomy community. They are custom made just for you and they are made for a variety of activities from water sports to intimacy.

Ostomysecrets - <https://www.ostomysecrets.com/>

One of the most popular brands of ostomy wear, this line has a variety of products. Underwear, wraps, even swim items in a variety of colors and styles.

Abilitee-<https://abilitee.com/>

This company focuses on adaptive clothing and accessories for chronically ill and disabled people.

Vanilla Blush - <http://www.vblush.com/>

If you are willing to wait a little longer for your items, you may be interested in checking out the lingerie line at Vanilla Blush. They know how to make ostomy lingerie sexy and fun, while still very functional.

Comfizz- <https://comfizz.com/>

Another company based in the UK,, Comfizz offers swimwear, belts, wasitbands and more!

