CLAIMS:

1. An ostomy wafer comprising:

an external layer having an opening to permit the passage of effluent therethrough and a first adhesive to adhere to external skin around a stoma of an ostomate; and

a foam layer coupled to the external layer,

wherein the ostomy wafer includes a stoma channel sized to at least partially receive the stoma that extends through the foam layer, and a second adhesive to further adhere the ostomy wafer to external skin around the stoma of the ostomate,

characterised in that the ostomy wafer further comprises at least one groove radially spaced from the stoma channel that extends at least partially through the ostomy wafer to facilitate deformation of the ostomy wafer complementary to a shape of the stoma, wherein the at least one groove includes a plurality of grooves spaced circumferentially from one another about the ostomy wafer, and where the at least one of the plurality of grooves extends through the ostomy wafer to a depth that is equal to the entire height of the ostomy wafer.

2. The ostomy wafer of claim 1, further comprising a convex layer coupled to the foam layer and the external layer.

3. The ostomy wafer of claim 2, wherein the stoma channel extends through each of the foam layer and the convex layer, wherein the at least one groove extends at least partially through one or more of the foam layer and the convex layer, and wherein the foam layer or the convex layer includes the second adhesive.

4. The ostomy wafer of claim 1, wherein at least one of the plurality of grooves extends through the ostomy wafer to a depth that is less than an entire height of the ostomy wafer.

5. The ostomy wafer of claim 1, wherein the plurality of grooves are distributed over less than 10% of an entire radial area of the ostomy wafer.

6. The ostomy wafer of claim 5, wherein the plurality of grooves include two sets of grooves that are arranged circumferentially opposite one another about the ostomy wafer.

7. The ostomy wafer of claim 6, wherein each of the two sets of grooves includes multiple grooves that extend from a proximal end to a distal end of the ostomy wafer, and wherein the multiple grooves converge toward the distal end.

8. The ostomy wafer of claim 1, wherein the plurality of grooves include six grooves that are circumferentially distributed evenly around the ostomy wafer.

9. The ostomy wafer of claim 8, wherein each of the six grooves extends from a proximal end toward a distal end of the ostomy wafer, and wherein a width of each of the six grooves decreases toward the distal end.

10. The ostomy wafer of claim 1, wherein the ostomy wafer includes at least one protruding ridge that extends radially away from the stoma channel toward an outermost edge of the ostomy wafer.

11. The ostomy wafer of claim 10, wherein the at least one protruding ridge includes two protruding ridges that each extend radially away from the stoma channel all the way to the outermost edge of the ostomy wafer, and wherein the two protruding ridges are arranged circumferentially opposite one another about the ostomy wafer.

12. The ostomy wafer of claim 1, wherein the stoma channel has a proximal opening sized for receipt in a flush or retracted stoma and a distal opening arranged opposite the proximal opening, and wherein a thickness of a wall of the ostomy wafer at the proximal opening is greater than a thickness of a wall of the ostomy wafer at the distal opening.

13. The ostomy wafer of claim 12, wherein a diameter of the distal opening is greater than a diameter of the proximal opening.

14. An ostomy device comprising:

an ostomy pouch; and

an ostomy wafer according to any preceding claim coupled to the ostomy pouch,

wherein the ostomy wafer includes a plurality of grooves radially spaced from the stoma channel that extend at least partially through the ostomy wafer and are spaced circumferentially from one another about the ostomy wafer; and wherein at least one of

the plurality of grooves extends through the ostomy wafer to a depth that is equal to the entire height of the ostomy wafer.

15. A method of applying an ostomy wafer to an ostomate, the method comprising:

positioning a foam layer and a convex layer of the ostomy wafer relative to a stoma of the ostomate;

pressing the foam layer and the convex layer against the ostomate to mold one or more of the foam layer and the convex layer to the stoma and external skin of the ostomate surrounding the stoma;

forming a seal around the stoma with one or more of the foam layer and the convex layer;

adhering one or more of the foam layer and the convex layer to the ostomate with a first adhesive;

contacting one or more of the foam layer and the convex layer with an external layer of the ostomy wafer; and

securing the external layer to the ostomate with a second adhesive,

wherein the ostomy wafer is an ostomy wafer according to any one of claims 1 to 13.

16. The method of claim 15, wherein pressing the foam layer and the convex layer against the ostomate includes deforming one or more of the foam layer and the convex layer adjacent to grooves extending at least partway through the ostomy wafer to form a shape thereof that is sized for receipt in a pocket or crease of the external skin of the ostomate.