



RANA HOSPITAL

*Come with **PILES!** Go with **SMILES!***

Patient Information Leaflet

Going home after
Stoma Surgery

Exercise

This is achieved by performing gentle exercises. Walking may be all that you should be doing in the first three months after surgery.

Strenuous activities such as swimming or the gym should not be undertaken for three months and then should be gradually reintroduced. Ask at the gym if there are any special precautions that you, as an individual, need to undertake. Swimming should commence gently by using a float and kicking your legs.

When undertaking sports, if there is a risk of damage to the stoma, it can be useful to wear a stoma shield for protection. These are available on prescription, ask your stoma care nurse.

Lifting

It is important after surgery not to lift too soon as you risk damaging your abdomen. Even if the suture line is healed completely the muscles below take many weeks or months to heal. It is advisable to lift nothing heavier than a jug of water for three months after surgery. This means you may need help to undertake general duties such as cleaning (vacuum cleaners are heavy to move about), washing (wet washing is heavy to lift), shopping (food is heavy to carry), even caring for children or others may involve activities that may put strain on the abdomen.

Driving

Driving is often not to be undertaken for at least six weeks after surgery, but people may wait for three months. It is essential that you will not harm yourself or others when driving and you must therefore be able to undertake an emergency stop safely. It is also sensible to check with your insurance company to ensure that you are covered legally in the event of an accident.

Work

Returning to work depends upon the type of surgery and of work you do. It is advisable not to return to work until after your clinic follow-up to ensure that the doctors feel that you are fit to return to work, this is often six to eight weeks. Your GP can provide you with a sick certificate after your discharge home from the hospital, for your employers. Some people find that returning to work for short days or part-time initially can be beneficial.

Clothes

Initially after surgery many people choose to wear loose clothing around the abdomen while the wounds are healing. It is hoped that eventually you will be able to wear the same clothes that you had prior to surgery. Some people choose to wear special undergarments to provide support or that hide the appliance. Some gentlemen prefer braces to belts around their abdomen.

Sex

Initially after surgery it is not advisable to undertake sexual activities. The time taken for these to resume also depends upon the surgery undertaken. Waiting until after the outpatient clinic appointment is advisable.

If you require any advice, please contact your stoma care nurse.



Contact details

Rana Hospital, Sirhind, Punjab (India)

Phone: 01763-220067

Email: ranapiles001@yahoo.in

www.ranapileshospital.com

Author: Rana Hospital

Review date: May 2014