

Bowel Resection Discharge Instructions

Care of the Surgical Site:

- Do not bathe in a tub until your incisions are healed, you may shower.
- The skin can be cleansed with warm water and gently dried.
- Soaps with moisturizers should be avoided.
- Keep dressings clean and dry.
- Change dressings as directed by help care provider when soiled.

Changing your Ostomy Appliance:

- Remove old appliance (wafer and bag)
- Clean and dry the skin
- Assess the skin
- Apply heat activated wafer. Use ostomy paste if skin is not flat.
- Apply new bag to wafer.

Normal Stoma Characteristics:

- Colour: beefy red, shiny, moist.
- Shape: Round, oval, or irregular
- The stoma will change in size for at least 6-8 weeks after surgery.

Signs and Symptoms of Stoma Problems:

- Excessive bleeding
- Brown/black appearing stoma

Signs and Symptoms of Skin Problems:

- Redness

- Tenderness
- Swelling
- Bleeding

Diet:

- a variation of loose stools to constipation can be expected for the first 8 weeks.
- To prevent constipation, eat foods high in fiber including fruits, vegetables, and whole grains.
- Drink enough fluids to keep urine clear or pale yellow.
- Please see pamphlet for nutrition guidelines.

Activity:

- No heavy lifting (10lbs or more) until your advised by the doctor.
- Gradually increase your activity/exercises.
- Continue with deep breathing and coughing exercises, remember to use pillow on abdomen while coughing.

Follow-Up:

- Keep the office appointment as arranged. If you need to change it, contact your doctor.
- Discuss with your surgeon when you can return to work and any restrictions you may have when you see him at your follow-up appointment.

CALL YOUR SURGEON OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF YOU HAVE:

- Fever or chills (temperature of 38.5 C/101 F or higher).
- Bleeding that does not stop after 5 minutes of firm pressure being applied to the incision.
- Nausea and/or vomiting that is not relieved by anti-nausea medication (Gravol).
- Pain that is not relieved by the prescribed pain medication when taken as directed.
- A red, swollen, or painful incision with yellow-green pus coming from it, or the incision breaks open.

- You haven't had a bowel movement in 3 or more days and your abdomen is becoming bloated and uncomfortable.
- You haven't been able to urinate in over 6-8 hours and are becoming uncomfortable.

IF YOU ARE UNABLE TO REACH YOUR SURGEON, go directly to the Emergency Department for medical attention.

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