

**After surgery, what should I expect?**

You have just had major surgery.

If the bladder has been completely removed, a small watertight bag will adopt the role as urine reservoir. This bag will sit against your abdomen and is small and flat. It requires emptying in much the same way you bladder did, simply open the bottom of the bag. It is not uncommon for urine to be pink-red tinted.

You may also find that a red rubber drain has been placed in your stoma to help hold the shape and stability of the stoma until the swelling goes down. Your doctor may also have placed stents exiting through the stoma to aid in the drainage of urine and allow for the healing of your internal sutures. Expect these to also remain until the swelling has subsided. You will also have small abdominal drains to assist in the drainage of the surgical area. These will all be attended to by your nurse and removed when the stoma appears ready.

- Expect some bleeding and oozing around incision site for the first week after surgery.
- Red/pink urine is not uncommon the first few days following surgery.

**Diet and Activity Following Surgery**

- After surgery you will be given clear liquids such as broth, juices, or Jello. As you are able to tolerate it, you will return to a regular diet.
- Abdominal Distention, Constipation, or Bloating: Take a stool softener as directed. If you still have no movement after 24 hours, ask your doctor if it is safe to take a Ducolax suppository.
- You will be asked to walk soon after surgery to return circulation, breathing, and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Avoid all activity for 1-2 weeks post-surgery to allow healing. When you are comfortable, you may walk and start to gradually add activity as your body tolerates it.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking water of any kind (bathtub, hot tub, lake, swimming pool, etc) until the incision site is completely healed.
- AVOID lifting any weight over 15 lbs, or 2 gallon milk jugs, for the first 6 weeks after surgery.
- After you have completely healed, you can ski, ride horseback, bowl, swim, and enjoy yourself in a variety of activities. You should avoid weight lifting and contact sports such as wrestling or football, which could harm your stoma.
- You are free to wear whatever clothing is comfortable around the site of the stoma.
- Abstain from sexual activity for a couple weeks after surgery and until you feel comfortable. Be sure to discuss your pouch and stoma with your partner. Always drain your pouch and ensure it is well sealed prior to sexual activity.

## **Caring for your Stoma**

- Aim to empty your pouch when it is 1/3 full. If it fills up much beyond this point it will become heavy and is likely to get disconnected from the Wafer.
- At night, connect the stoma bag to a drainage bag. During the day, wear the stoma bag and empty it frequently. Every morning, rinse the night collection bag with equal parts water and vinegar to prevent growth of bacteria as well as decrease odor. Place the tip of the collection bag in a container that will help keep it clean.
- Refer to the instructions for care of the stoma you receive from your nurse.
- Additional stoma care questions can be answered by the Salem Hospital ostomy clinic at (503) 561-5409.

## **Post-procedure, if you experience any of the following, please contact our office:**

- There is drainage or pus from your incision or your incision comes open.
- The skin around the stoma becomes red and itchy and does not improve with soap and water cleansing.
- The stoma begins to look dark and not a healthy reddish pink.
- Your incision becomes red, swollen, or feverish
- Fever over 101° F, uncontrolled pain, nausea, or vomiting
- No accumulation of urine in the ostomy bag.
- No bowel movement for three days.

**Please call our office at (503) 561-7100 with questions that are not addressed by this form during the hours of 8:30 am - 12 pm and 1 pm – 4:30 pm.**

**In the event of an emergency, contact the doctor on call via the same number or call 911.**