Colostomy, Reversal
Care After Surgery

Read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your doctor may also give you **specific** instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, call your doctor.

HOME CARE INSTRUCTIONS AFTER YOUR SURGERY

- Once you are home, an ice pack applied to the operative site may help with discomfort and keep swelling down.
- Change dressings as directed.
- Keep the wound dry and clean. The wound may be washed gently with soap and water. Do not rub while cleansing. Gently blot or dab dry. Do not take baths, use swimming pools or use hot tubs for 10 days, or as instructed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- You may continue normal diet or as directed.
- There should be no heavy lifting (more than 10 pounds / 4.5 kilos) or contact sports for 3 weeks, or as directed.
- Use a stool softener if recommended by your caregiver. For children, follow your caregivers' directions.

SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing pain in the wound.
- There is pus coming from the wound.
- There is drainage from a wound lasting longer than 1 day.
- An unexplained oral temperature above 102° F (38.9° C) develops.
- You notice a foul smell coming from the wound or dressing.
- The stitch line of the wound breaks open (edges are not staying together) after stitches have been removed.
- You develop persistent nausea or vomiting.
- You develop pain that is not controlled with medicine.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing, or develop any reaction or side effects to medicine given.

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