

If sunbathing occurs prior to this, the wound should be covered with a towel. In principle, no specific scar treatment is required; however regularly applying a skin care cream can greatly aid the healing process.

Check-ups

Regular and life-long aftercare is significant to treatment. Aftercare/staging includes:

- Regular colonoscopies
- Laboratory testing of the CEA tumour marker
- Ultrasound examination of the abdomen
- A computed tomography, if required

Patients with ileostomy (also colostoma) = artificial anus

Some days after surgery, you will start to receive daily training in handling the stoma system, by a nurse qualified in stoma care.

In the case of fever (temperature above 38 °C), redness at the wound site or intense abdominal pain with bowel movement complaints (constipation or diarrhoea), you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after bowel surgery

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Darmoperation

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Nutrition

In the first two weeks after surgery, we recommend a bland diet – you will receive nutritional advice, which will provide important information for correct eating behaviour after surgery. Ensure that your bowel movements are regular and soft; laxatives should only be taken if prescribed by your doctor.

Postoperative pain

As a basic principle, postoperative pain may vary from patient to patient in terms of intensity and duration. Slight swelling of the wound site with tightness and low bruising in the

wound region may occur. However, the post operative pain should have eased at the latest three weeks after surgery. If the pain persists longer than this or reoccurs, then please contact your GP or our outpatient clinic.

Elastic abdominal bandage

The abdominal bandage should provide support for the muscles of the abdominal wall as they are healing. The period of use varies depending on the patient (an average of six weeks) and will be determined by the doctor treating you.

Physical activity/ability to work

We recommend resting the abdominal wall which can greatly aid wound healing (lifting max. approx. 5 kg) for three to four weeks after surgery. A normal workload should be avoided until six to eight weeks after surgery.

Softer sports are permitted two weeks after surgery. Sports which place considerable strain on the abdominal wall should be avoided for at least three to four weeks after surgery (until the scar has become sufficiently stable to allow exercise).

Ability to work varies according to the individual and depends on the occupational activity. In principle, you should be able to work four to six weeks after surgery.

Personal hygiene

Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths should be taken at the earliest one week after the stitches are removed. The surgical wound should not be exposed to sunbathing (including artificial sun tanning) for six months after surgery.

