

Ostomy reversal

An ostomy reversal is an operation that reconnects your bowel so that you can pass stool by your rectum.

Preparing before surgery

- ✓ Keep up with your regular activities, exercise and eat a balanced diet. You want to be as strong as you can be before you have surgery.
- ✓ Arrange for someone to help you around the house, and do errands for you when you come home after surgery.
- ✓ You may need to prepare your bowels before surgery. If needed, please follow the bowel prep instructions.
- ✓ Follow the pre-op checklist and medication instructions that were given to you during your pre-op visit.
- ✓ How long you are on the hospital varies for each patient – your surgeon will let you know how long you will need to be in the hospital.

After surgery

After surgery you will go to the Post Anesthesia Care Unit (PACU).

You will stay in PACU, until the doctors and nurses feel you are ready to go to the surgical unit.

Once on the unit, the nurse will check your blood pressure, heart rate and temperature (vital signs) and dressing.

Pain

Please let your nurse know if you are in pain or uncomfortable.

Eating and drinking

Your surgeon and/or dietitian will discuss with you what foods you can gradually start to eat.

Going home

Your nurse will review with you what you need to know about how to care for yourself at home. You will need to arrange for transportation home.

When to call the surgeon after abdominal surgery

Call your surgeon if you notice **ANY** of these problems:

Fever	<ul style="list-style-type: none">• Your temperature is 38°C (100°F) or higher.
Incision	<ul style="list-style-type: none">• Pain in your incision that does not get better with medication.• Your incision is coming open, bleeding, draining or has yellow, green or smelly discharge.• The skin around your incision is red or swollen.• You are concerned about your incision.
Abdomen	<ul style="list-style-type: none">• You are constipated, or no bowel movement in 3 days.• You are vomiting or have diarrhea.• You have pain in your abdomen or feel sick to your stomach.
Skin	<ul style="list-style-type: none">• For patients who have had liver surgery or a Whipple procedure, you notice that the whites of your eyes or your skin looks yellow.
Other	<ul style="list-style-type: none">! You have pain or tenderness in your leg (thigh or calf) with swelling, redness or warmth.! You have trouble breathing, chest pain or cough up blood.! You have lightheadedness or dizziness that does not go away.! You have a rapid heart beat (palpitations), facial flushing, sweating.

If you have concerns about your surgery, do not wait for your follow-up appointment. call your surgeon. If you are unable to reach the surgeon, go to Emergency.



**Problems marked with this sign are emergencies.
Call 911 or go to Emergency.**
