

Hernia Prevention following Stomal Reversal Surgery

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What Is A Hernia?

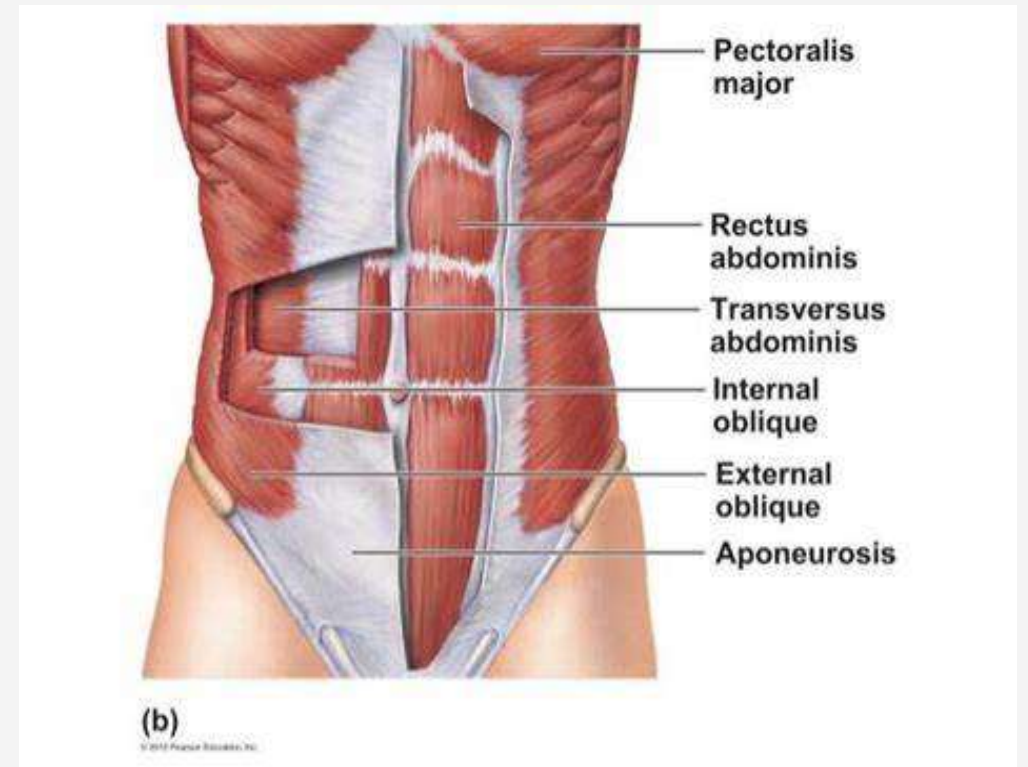
- A hernia is a weakness or split in the muscle wall of the abdomen which allows the abdominal contents (usually some part of the intestine) to bulge out. The bulge is particularly noticeable upon tensing the abdominal wall muscles.
- Stomas pose an additional problem.
- When a stoma is brought out to the surface of the abdomen it must pass through the muscles of the abdominal wall, thus a potential site of weakness is immediately created.

Muscle Weakness

Think of your abdominal muscles as your bodies natural corset.

What can weaken my muscles?

- Abdominal Surgery
- Excessive coughing and sneezing
- Obesity
- Smoking
- Chronic constipation



Prevention

How can we prevent a hernia from occurring?

- Plenty of rest, giving the muscles time to heal.
- Keep Lifting, bending and stretching to a minimum for the first 6-8 weeks.
- Ask your Stomal therapist for light abdominal exercises pre and post surgery.
- Supporting the abdominal muscles using the correct Support Garments post surgery.
- Wear a Support Garment for 6 -12months Post Surgery.

Types of Support available



Support Girdles available in a range of sizes.




Support Belt available in 15cm,20cm,26cm



22.5 cm

Abdominal Binders available in 15cm , 22.5cm,30cm

Types of Support available

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- Abdominal Binders will provide you with a firm support post surgery, available in a range of depths and sizes and are usually adjustable .
 - Adjustable garments are the most effective post surgery, helping to accommodate any post op swelling .
 - Support Girdles can be worn post surgery but keep in mind these are not adjustable and you may need to purchase different sizes following reversal surgery.

Questions?

