

Rehabilitation after the stoma surgery

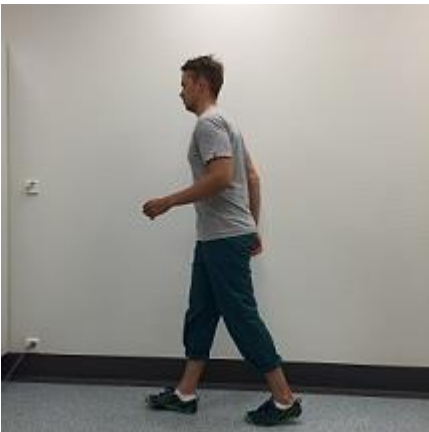
Recovery time after stoma surgery is **6-8 weeks**.

During this time you have to avoid lifting and carrying heavy loads (maximum 1-2kg).

We also recommend that you continue PEP-exercises, especially if you feel any mucus in your airways.



During the recovery time turn to your side before you sit up and avoid straining your abdominal muscles.



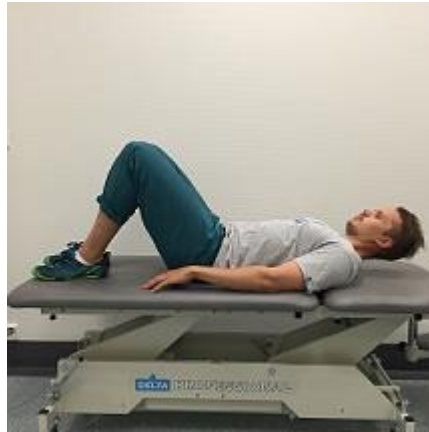
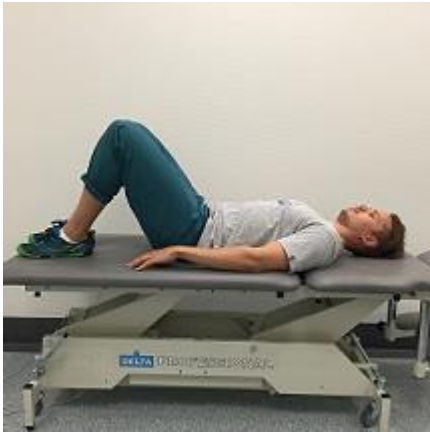
Walking is the best exercise after surgery. It helps you recover from surgery and regain your previous condition.

Make sure that your shoulders are relaxed and try to maintain good posture even if wound might feel tight.

It's highly recommended to walk daily, extend the walking distance gradually.

After 4 weeks of surgery you can start exercises for the internal abdominal muscles.

You should do this exercise 5–6 days a week. Repeat exercise at the pace of your normal breathing 3 x 5–10 times.



Take supine position with knees flexed and arms on your sides.

Lift your head during exhale and lay it back during inhale.

After 6 weeks of surgery you can start exercises for the external abdominal muscles.

Repeat exercise at the pace of your normal breathing 3 x 5–10 times.



Take supine position with knees flexed and arms crossed over your chest.

Arch your upper back during exhale. Your head, shoulders and upper back should rise up from the surface.

Relax your muscles and return back to starting position during inhale.

You can return to your previous activities **after 1-2 months**.