

Caring for Your Child After an Ostomy Closure.

An ostomy is an opening of the intestine made by a surgeon. With an ostomy, poop comes out of the body through an opening in the belly instead of through the bottom. It may be used to give the bowel a chance to rest and heal. When the bowel heals, the ostomy can be closed, and your child can then pass poop through their bottom.

Here are instructions to help you care for your child after their ostomy is closed.

What can my child eat?

Your child may eat their usual foods.

What medicines will my child take?

- Your child may take Tylenol (acetaminophen) and Motrin (ibuprofen) for pain. Do not use Motrin if your child is younger than 6 months or has had kidney problems.
- Children often have diarrhea (watery poop) after their ostomy is closed. Do not give your child laxatives unless your surgeon says you can. If you think your child may be constipated (has hard poop or is not pooping enough), or if the diarrhea is not getting better, please call the clinic.

What activities should my child avoid after surgery?

Do not let your child swim for 4 weeks after surgery.

Can my child go to school or daycare?

- Your child can go to school or daycare once the pain is well-controlled, and the school or daycare staff knows how to care for the wound. This is usually 5–7 days after surgery.
- Your child should not go to PE (physical education) class for 3–4 weeks after surgery and until cleared by the surgeon.

Can my child bathe or shower?

Your child may bathe or shower normally.

How do I care for my child's incision (cut)?

- Keep the belly incision clean and dry.
- The wound can get wet in the bath or shower. Pat it dry afterward.
- If your child has a vessel loop or drain, it will be removed in 1 week.

How do I care for my child's diaper rash?

- It is common for children to have diarrhea (watery poop) and a diaper rash after the surgery.
- You should change your child's diaper often to keep the poop from staying in contact with the skin for a long time.
- If your child gets a rash, you may put zinc-based diaper paste on the skin around the incision, but NOT on the incision.
- Keep a thick layer of zinc-based diaper paste on at all times, even after patting off the poop.
- When your child poops, do not rub. Instead, pat the skin using only cotton balls or gauze to clean off the poop.
- Once a day, use warm, soapy water to completely remove all the products from your child's diaper area. Let it air dry if you can.
- If you cannot air dry it, you can pat it dry with a soft cloth.
- If the rash worsens, start doing the "3-step" or "crusting" method. (See the *Skin Care Guidelines After Colorectal Surgery* handout for more information.)

Will my child need anal dilations after surgery?

Keep doing anal dilations if the surgeon tells you to.

Follow up visit:

Call the General Surgery Clinic at 214-456-6040 to make an appointment to see the surgeon about 3–4 weeks after the surgery.

Call the General Surgery Clinic at 214-456-6040 if:

- There are more than a few drops of blood from your child's incision area.
- The incision is red, swollen, or draining pus.
- Your child has a fever (temperature greater than 100.4 F).
- Your child has green vomit (throw up) or has continuous vomiting.
- Your child has belly pain, and it is getting worse.
- Your child has not pooped in more than 24 hours.
- Your child has not peed in over 6 hours.
- You have any other concerns.