

Tips to Prevent Parastomal Hernia

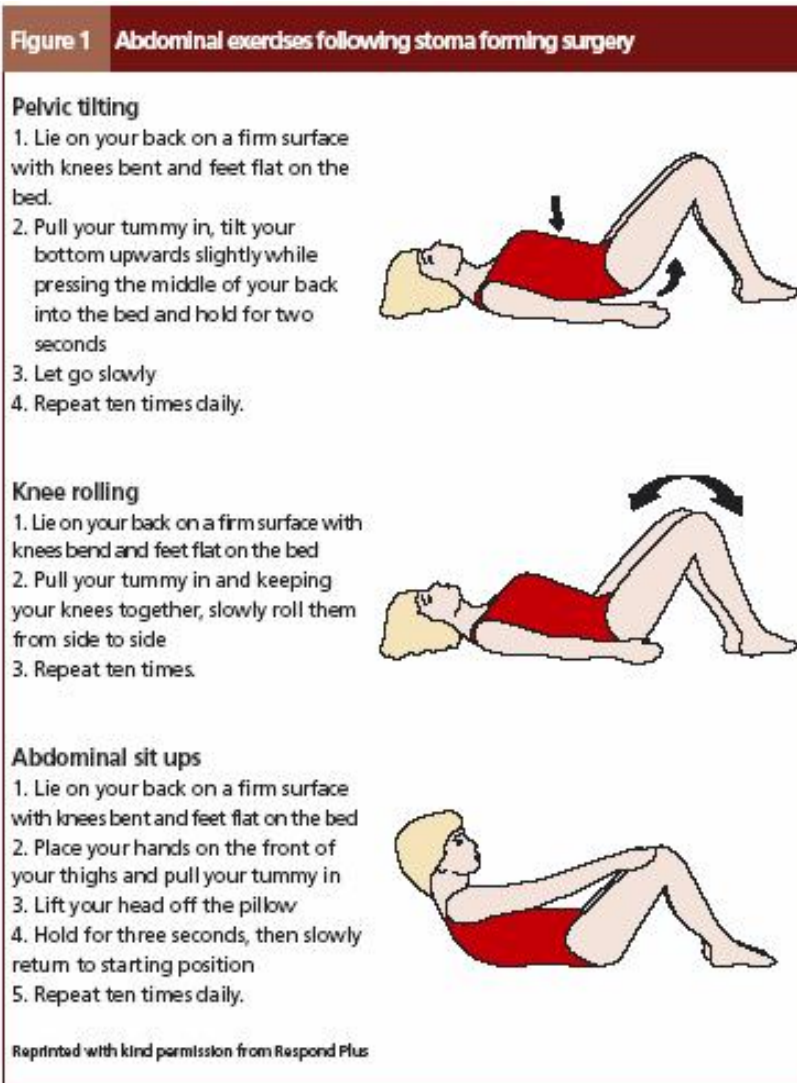
Parastomal hernia is a relatively common complication affecting 20 –30% of people who have stomas.

A parastomal hernia is a bulging of the skin around the stoma indicating the passage of bowel through a weakness in the abdominal muscle.

A parastomal hernia can present both practical management problems of the stoma and problems for the persons self image.

Below are a few tips to try and help prevent the development of a parastomal hernia

- ◇ On leaving hospital it is advisable not to be doing any heavy lifting or straining until 3 months after your operation.
- ◇ It is worth being fitted for a support belt/garment that you can wear during periods of being very active or heavy lifting
- ◇ People with stronger abdominal muscles are less likely to develop a parastomal hernia so it is advisable to commence abdominal exercises as shown below from between 3 months after your operation to a year. Check with your surgeon or Stoma Care Nurse before commencing these.



Some information has kindly been provided by work carried out by Mary Jo Thompson and Bernie Trainor Stoma/Coloproctology Nurse Specialists based at Craigavon Area Hospital