

Information leaflet for Parents/ Carers

Bowel Surgery Discharge Advice



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Congratulations on having your new baby. It is a daunting task taking any baby home from hospital especially if they have had surgery. We at Birmingham Women's and Children's Hospital will always be here to help and support you. Below are some of the areas that you may need to look out for over the weeks, months and years ahead.

Bowel obstruction

Following an operation on the bowel there is always a small risk of a blockage (obstruction) happening in the future.

Signs of a bowel obstruction are:

- Green vomiting,
- Pain and crying,
- Abdominal distension (swollen tummy)
- Refusing feeds
- A change in bowel motions

If your child has these symptoms take him/her to a doctor at your local hospital or to the Emergency Department at Birmingham Children's Hospital.

Wound Care

Avoid bathing for five days after the surgery. This will allow the wound to heal well. Do not cover the wound unless we tell you otherwise as this may make the wound soggy and increase chances of a wound infection.

Signs of a wound infection include: redness, swelling, heat around the wound, pain and discharge. If you have any concerns regarding the wound please contact your GP.

Feeds

Continue with breast feeding or giving your baby expressed breast milk.

Occasionally babies require special feeds, please continue with the prescribed feed at home until you have seen the Surgeon or Dietician in the Outpatient Clinic.

You should have been given a feeding plan before discharge, if not then please ask your discharging Nurse. Burp (wind) your baby frequently before, during and after feeding.

Babies who have had bowel surgery sometimes suffer from frequent milky vomiting (reflux) and may have been started on treatment for their symptoms. Continue the prescribed treatment until the clinic appointment. It may help to keep your baby upright after feeds for at least 30 minutes.

Your baby should be able to feed and wean normally. Some babies can be slow to gain weight and may have problems with constipation, but these are normally short term problems and your Health Visitor will help you manage them.

Follow up appointments

Following discharge home, your baby will have regular check-ups in the Outpatient Department in order to monitor their progress. We will send you details of your outpatient appointment in the post, soon after you leave hospital.

Children who have had an operation on their tummy may develop a small hernia after the operation where the muscle has been repaired. If you notice a bulge on your child's tummy, please talk to your doctor.

Support

For more information and support you may find the following websites useful:

GEEPS : www.geeps.co.uk

Contact a Family: www.cafamily.org.uk

Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about patients relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some patient information with other people and organisations who are either responsible or directly involved in the patient's care. This may involve taking the patient's information off site. We may also have to share some information for other purposes; such as research etc. Any information that is shared in this way will not identify the patient unless we have the patient's and parent's/carer's consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.

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Author: L.Lawrence
Produced: May 2017
Review Date: May 2021
Version 1.0.0
CPADS: 56636/17

