

Finding Your Footing After Stoma Surgery:

A Guide to Physiological Recovery



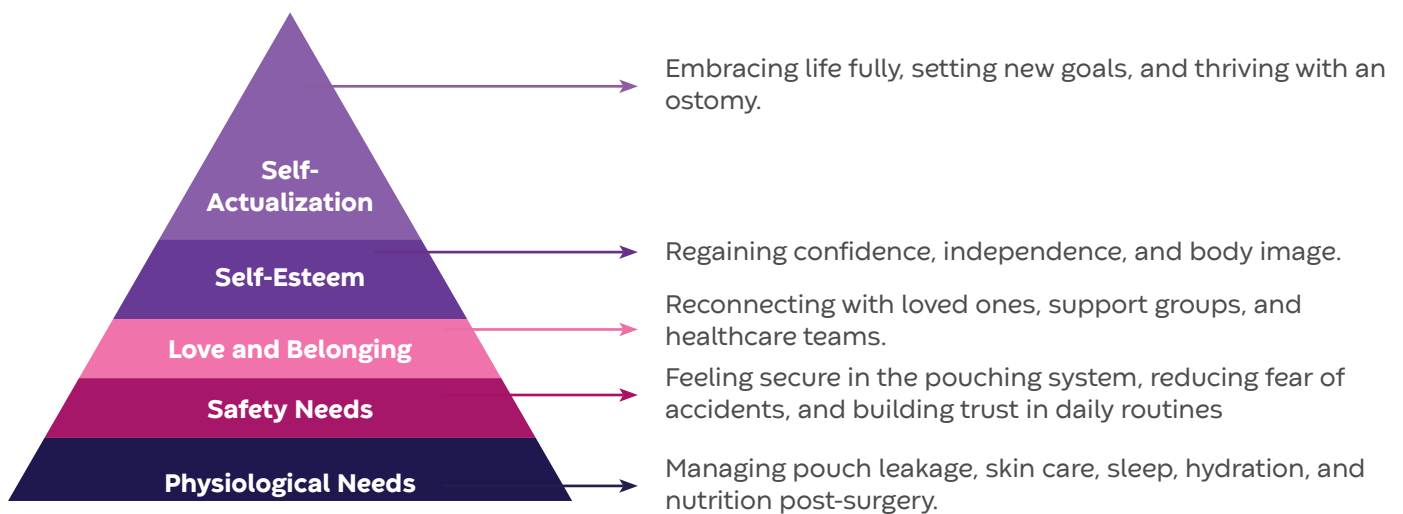


Stoma surgery can be a turning point. Whether you're recovering from the formation of a colostomy, ileostomy, or urostomy, healing isn't just about closing incisions — it's about rebuilding your life.



In the early stages of recovery, physiological challenges like pouch leakage, skin irritation, and discomfort can feel overwhelming. These issues don't just affect the body; they can disrupt sleep, limit mobility, and erode confidence. And according to Maslow's Hierarchy of Needs, until our most basic physiological and safety needs are met, it's difficult — if not impossible — to focus on emotional healing, self-esteem, or personal growth.

The Hierarchy of Healing: Needs of People Living with a Stoma



Physiological stability is the foundation of recovery

When people living with a stoma feel secure in their pouching system and free from discomfort, they're better able to process the emotional aspects of healing — like grief, anxiety, and isolation.¹

Patients who struggle with pouching systems often report higher levels of anxiety and depression.¹

Healthcare providers play a key role by guiding product choices and validating physical concerns, helping to restore confidence and independence.

This guide supports those foundational needs, so the full healing journey can begin.

Recovery starts with feeling secure in your body.

1 Start with the right supplies.

Having the right products and accessories from the beginning can make a huge difference in your comfort and confidence. You do not have to stick with the product you take home from the hospital if it is not working with your body.

1

Over **20%** of stoma patients² experience long-term psychological challenges, often linked to unresolved physical issues.

2

Educate yourself early.

Learning about diet, travel, intimacy, and exercise with a stoma helps you feel empowered and prepared. After surgery, try new foods slowly and observe how your body responds.

3

Take recovery one step at a time.

Post-surgery recovery is physical and emotional — gentle movement can help rebuild strength and boost mood. Short, frequent walks, even just around the house, can improve lung function, reduce infection risk, and stimulate bowel activity.³

4

Don't go it alone.

Emotional support and expert advice are essential — especially when you're adjusting to a new routine.

5

Learn from others who've been there.





Hearing real stories from people living with a stoma can be incredibly reassuring and inspiring.



Recovery Is a Journey, Not a Race

Healing starts with your body. Recovery takes time, so be gentle with yourself. Focus on physiological safety and let Convatec's me+ programme guide you every step of the way.

Whether you're newly living with a stoma, or have experienced this for many years, here are some ways that our me+ programme can support your recovery:

-  **We can connect you with the information you need, when you need it.**
Our me+ team can share helpful resources that include guides and articles tailored to real-life situations, so you can navigate your new normal with confidence.
-  **We can help you move forward.**
The me+ recovery series guides you through a three-phase movement programme designed specifically for people living with a stoma, with expert-led videos.
-  **We make sure that you are not alone.**
Connect with our compassionate advisors who can answer offer lifestyle advice, answer product questions, and offer emotional support.
-  **We can connect you to community.**
Discover inspiring real-life stories on our website and join our private Facebook group, exclusively for me+ members, to connect, share, and support one another.



Healthy Bonds™: Stronger Connections. Better Stoma Care.

Convatec delivers whole-person support through innovation, education, and community — because better care starts with stronger bonds.



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