Surgical Services

**Abdominal Perineal Resection (APR) Surgery**

**How to Sit and Lay Safely After Surgery**

After surgery, it’s important to change your position often when sitting or lying down. Do not lie on your back. This helps protect your wound and keeps it from opening.

**Sitting**

* Sit only in a chair (not a recliner), using a special foam cushion.
* At your preoperative assessment appointment, the nurse will give you more information about where to buy this cushion.
* Buy the cushion before your surgery and label it with your first and last name. Bring the cushion with you to the hospital. Other cushions, such as donut-shaped, should NOT be used as they can hurt your incision.
* Starting the day after your surgery, only sit upright 20 minutes at a time, three times a day.
* The rest of the time, lay on your side.
* Do this at home until your doctor tells you it is safe to stop.

**Going to the bathroom**

* After surgery, you will use disposable bags to empty your ostomy pouch instead of sitting on the toilet.
* At home you can do this with any container, used only for emptying your pouch.
* If you usually sit down to pee, you will need to buy a handheld urinal.
* Buy the urinal before your surgery and label it with your first and last name.
* At your preoperative assessment appointment, the nurse will give you more

information about where to buy this cushion.

* Bring the urinal to the hospital on the day of surgery.
* Be sure to practice using it before your surgery.

**CONTINUED ON OTHER SIDE à**

Information is available in alternate formats upon request

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your healthcare team and doctor. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.