



Osseo integration

Guide to daily stoma care after osseointegration surgery

*What you need to know and do to take
care of your stoma*

Table of contents

Glossary.....	4
Daily care.....	5
Washing the stump	5
Washing the stoma	5
After showering	6
Soaking	6
Good stoma health	7
Secretions and discharges	8
After activity	8
Dry skin.....	9
Signs of infection	10
Hypergranulation of the stoma	11
Falling	12
Notes.....	13

This document was inspired by:
 Instructional Manual, Routine Daily
 Care for the Osseointegration
 Patient, by Solon Rosenblatt, MD
 Orthopaedic Surgeon, OGA,
 March 2018.

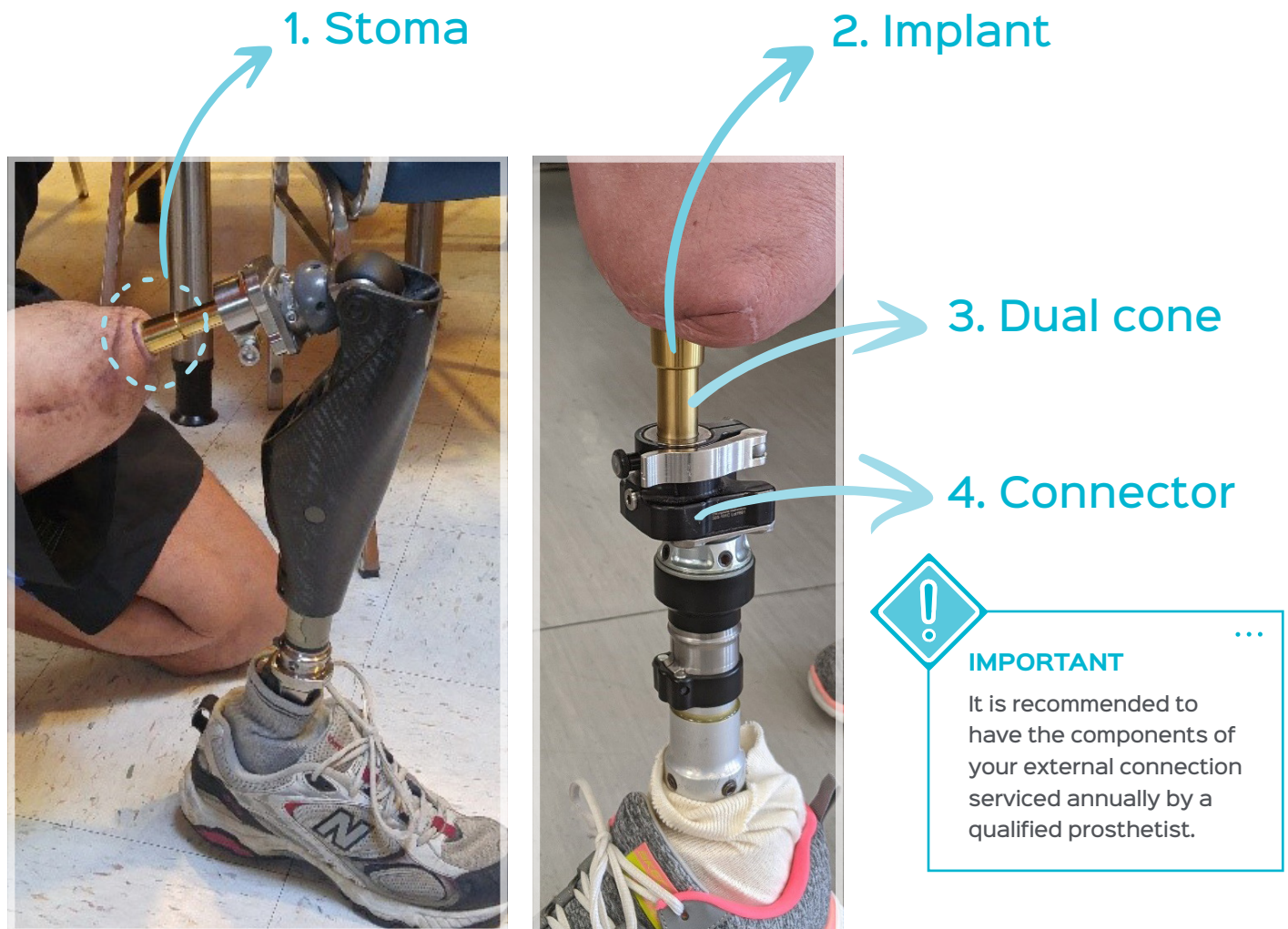
.....

This guide is designed to help you take care of your stoma following your osseointegration surgery. It provides you with a **daily routine** as well as tips to help you perform this new routine well. It also lets you know when and whom to consult if you need additional support or information.

**Keep it in
 a safe place!**

Glossary

Some images or terms can differ from your personal situation. However, the daily cleaning routine is the same for all patients. Here are some images to illustrate the main terms used in this guide.



- 1. Stoma** : opening of the skin around the implant
- 2. Implant** : a structure inserted into the bone that sticks out of the skin
- 3. Dual cone** : part that connects the implant to the connector
- 4. Connector** : part that attaches the prosthesis to the implant

Daily care

Washing the stump

- Wash the stump every day with **warm water** and a **basic unscented soap**.
 - Antibacterial soap is not recommended for washing the stoma and external components.
- Using only your hands, delicately wash the extremity of the stump with soap and water. At the very end, make sure to rinse the inside of the stoma well.

EXAMPLE

of an unscented basic soap



Washing the stoma

- Wash the stoma using a saline solution every morning and every night.



IMPORTANT:

You must use the saline solution within 48 hours (2 days) of opening.

- To remove dried blood and discharge around the stoma, the implant, and the dual cone, you can use a soft-bristle brush (such as a toothbrush for babies). It is very important that the brush's bristles do not come loose.
- Make sure to remove any dead skin around the stoma.



IMPORTANT

If you do use a brush, you must clean it well after each use. Let it dry vertically, meaning place the head of the brush upwards.

After showering

After you shower, let the stoma and the stump air-dry as long as possible. If this is not an option, dry the stoma and the stump by gently **dabbing** with a towel (do not rub).

.....

Soaking

We recommend that you take a salt water bath 2 or 3 times a week:

- Soak the stump in warm salt water for 20 minutes.
- While soaking, vigorously massage the stump in the direction of the stoma.
- You can use the brush to clean around the stoma while soaking.

Once soaking is complete, rinse the stump with lukewarm water. This prevents the inside of the stoma from drying out.

Let it air dry.



IMPORTANT

Swimming in salt water (sea or ocean) is recommended to help maintain stoma health. Patients should avoid swimming in public pools. Patients who swim in a public pool should ensure that their stoma is thoroughly flushed immediately after getting out of the pool.

...

EXAMPLE OF A SALTWATER BATH :

For a bath, add 1 cup of salt

EXAMPLE OF A SALINE SOLUTION :

Add ½ teaspoon of salt per cup of water

EXAMPLE OF SOAKING :

Add a handful of salt per bucket of warm water.



IMPORTANT :

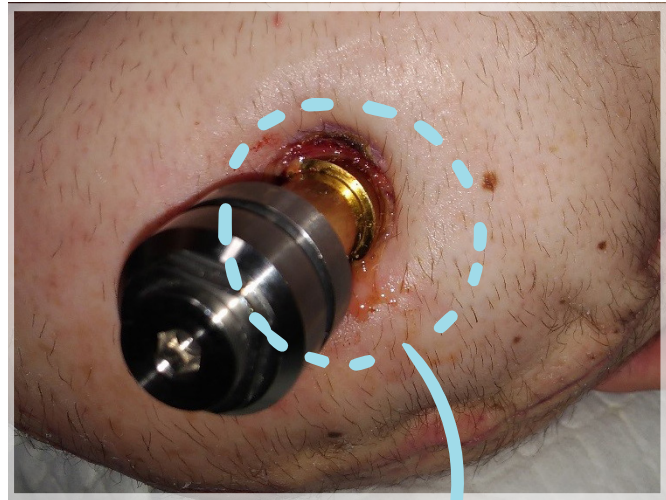
Do not use scented bath salts. Use table salt or Epsom salt instead.



Good stoma health

Secretions and discharges

It is normal to have mucous secretions or discharge around or in the stoma for the first few months after surgery. These are natural secretions from the body similar to mucous secretions from the eyes or nose. This discharge's normal colour is golden yellow or clear.



NORMAL FLOW
after osseointegration surgery

After activity

After periods of activity, you may experience the following symptoms:

- irritation of the stoma
- muscular pain in the stump
- an increase in secretions/discharge
- swelling at the end of the stump.

Don't worry!



Normal reaction : Blood around the stoma after a long day of walking.



Normal reaction : Blood around the stoma after a long day of walking.

This is a normal reaction to high-intensity physical activity.

Relax, elevate the stump, and put ice on it for 10 minutes every 2 hours, as needed.



IMPORTANT

Strenuous activities such as running, jumping, basketball, or martial arts are not recommended.

...

Dry skin

You may feel pain around the stoma. This pain may be related to the dryness of the skin around the stoma.



Well-healed but very dry-looking stoma

If this is your case, you can apply vitamin E or Sween 24 cream by Coloplast around the stoma.



IMPORTANT

If you have a scab on your stoma, don't pull on it! Soften the scab by soaking it and carefully remove it.



IMPORTANT

Never put vitamin E inside the stoma.

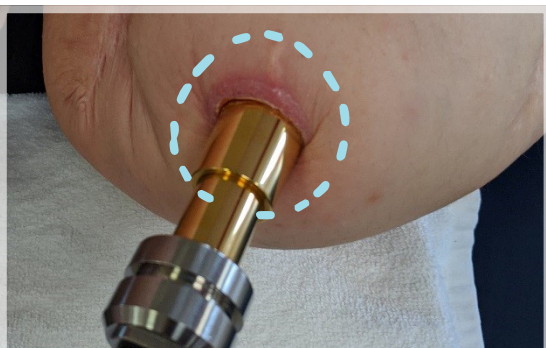
Possible signs of infection

- Abnormal pain in or around the stoma
- Significant pain when you put weight on the prosthesis
- Pain that makes walking difficult
- Abnormal redness or heat that progresses around the stoma
- Heavier, foul-smelling discharge
- Fever (38°C -100.4°F)

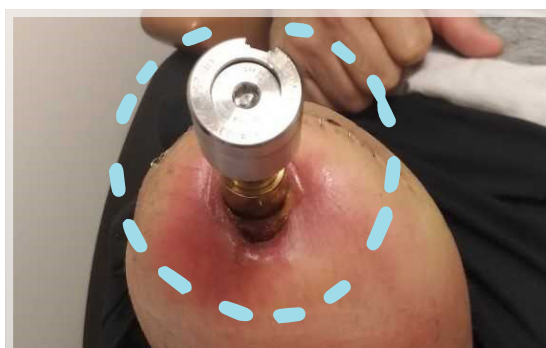


IMPORTANT

If you think you have an infection in the area around the stoma, please contact your doctor. If your doctor confirms that you have an infection and prescribes antibiotics, you must notify the Montreal Osseointegration Clinic team.



Normal localized redness around the stoma



Sign of possible infection: diffuse redness with induration and pain

Advice

If you notice any signs of infection:

- Increase the frequency of salt water soaks: 20 minutes, 3 to 4 times a day.
- Apply ice for 10 minutes. You can repeat the process every 2 hours.

Keep track of progress and share this information with your doctor:

- Follow the progression of the size of the redness. To help with this, use a pen to draw a circle around the redness.
- Take pictures (1–2 times a day) with your cell phone.
- Note the appearance of the discharge: colour, quantity, odour.

Hypergranulation of the stoma

When a wound heals, granulation tissue forms naturally. Occasionally, however, this tissue develops in excessive quantities. When this happens, it's called "hypergranulation". If you think you have this problem, talk to your local doctor. He or she can prescribe an effective treatment.



Falling

If you have pain when walking after a fall:

- Rest your leg: use a pillow to elevate it and apply ice for 10 minutes every 2 to 4 hours until the pain subsides.
- If pain persists without any improvement after 1 day, consult your doctor. X-rays may be necessary.



IMPORTANT

Resuming walking should always be done gradually and according to your tolerance. Follow your doctor's instructions. ...

.....

Questions

If you have any questions or concerns, you are always welcome to contact a member of the osseointegration team.

Montreal Osseointegration Clinic :
oi.montreal.ccsmtl@ssss.gouv.qc.ca
514 340-2776



Osseo integration

*Centre intégré
universitaire de santé
et de services sociaux
du Centre-Sud-
de-l'Île-de-Montréal*

Québec 