Neo anus creation - a boon to patients with colostomy post-APR surgery

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1.Objectives

2. reduce the social, familial and marital marginalization,
3. sexual difficulties,
4. elimination of gases and
5. lack of control in the emptying of the colon,
6. Decrease the cost and time needed for colostomy bag time to time changes
7. To boost the confidence of patient
8. To eliminate all complications of colostomy or ileostomy

•Selection of patient

A. Those who have 5 years of completed oncological treatment and surveillance

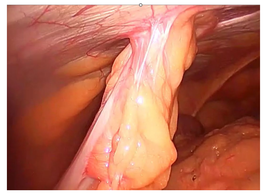
B. Highly motivated patient

C. Physically active , can cooperate presurgery specific physiotherapy

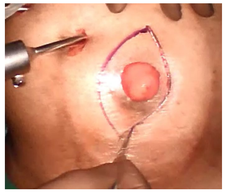
D. Patients who are willing for post surgery proper physiotherapy

STEPS OF SURGERY

1) laparoscopic Adhesionolysis , mobilisation of colon up to hepatic flexure ,
2) dis-engagement of colostomy with surrounding ellipse of skin (1 cm).
3) creation of perineal wound 4)perineorrhaphy of perineal muscles
5) double alpha loop gracialoplasty done
6) mobilised colostomy brought down through the alpha loops of gracialoplasty
7) suturing of peri-colostomy wound to perineal skin
8) creation of diversion ileostomy
9) rigorous training 10) closure of ileostomy after 6 months



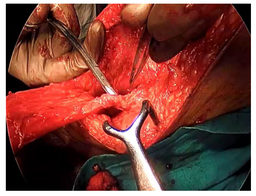
Lap. Adhesiolysis



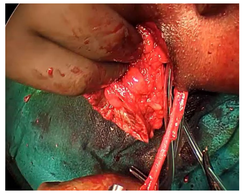
disengaging colostomy



creation of perineal wound



harvesting gracialis loop



preparing alpha



suturing colostomy



perineal exercises



post operative MRI



3 Months post. Op

Postoperative care

1.Rigorous pelvic exercise 2.Balloon expulsion exercise 3,Water holding exercise – over six months 500 ml water holding capacity should be there .4.MR defecography and sphincter manometry 5.Closure of ileostomy 6.Continue pelvic exercises 7.Increasing the faecal holding capacity . 8.Gradual dilatation of colon getting converted into reservoir 9. continence improves 10.stool frequency decreases

Conclusion – In a well motivated patient , post APR surgery it is possible to give continent Neo-anus , by proper selection of patients and meticulous planning . Individuals benefit greatly- psychologically and economically ,physically .