

## ***In Recovery – Attitude is Everything***

*Do you feel as if the bottom has dropped out of your world? Your doctor has shown you your Ostomy for the first time. You cannot visualise how life is going to be from now on. You wonder if you will ever become accustomed to this strange thing?*

### **Be assured – you will in time.**

An Ostomy is a life-saving device. You can make it, for you, what you desire. You can hibernate, become a recluse and withdraw into your own small world, or you can take it in your stride, learn the proper care of your Ostomy, then forget about yourself and enjoy the extra time allotted to you.

You will find as time goes on, the bewilderment will disappear and the problems you encountered at first will become minimised. You will be delighted to find that you can still lead a perfectly normal life – swim, dance, work and participate in things, just the same as before surgery. If ulcerative colitis was the reason for your surgery, then you will be able to do more than you did before surgery.

The new ostomate has a tendency to become overly sensitive, particularly to odour. There are many ways of eliminating odours, should this be a future problem. There are several internal deodorants as well as many tablets, liquids and powders to be used in appliance or pouch.

Yes, at first you will be all thumbs, tackling an appliance or irrigating according to whichever ostomy you have. As you become familiar with your appliance, care time will be cut in half. With the new appliances and supplies available, your job will eventually become easier and automatic. Don't become discouraged. Summon up all your patience and courage to see through this phase of your rehabilitation.

Remember that all of us Ostomy graduates went through this – whether to bolster your morale, or to assist in choosing an appliance or irrigating equipment, practical hints on skin care etc. *(Be sure to check with your doctor to get his approval. We don't practice medicine, but most doctors recognise that ostomates soon become near expert in the care and management of stomas.)* Fight that depression. It's your enemy. Things are going to get 100% better than they are now. Thank God you are alive and take comfort in the fact that **"YOU ARE NOT ALONE"**.

*Reproduced by kind permission of Ostomy Australia magazine, December 2007, pp24  
Article taken from NZ Ostomate Magazine 2/2006*