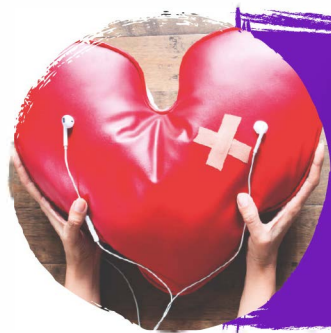


STARTING RECOVERY AFTER SURGERY

While compiling our fact sheet series, we discovered that there was a recurring theme. From that we created the "Four Simple Steps" to get back in to the swing of things:



RECOVERY

Allow yourself time to heal both physically and emotionally

1



COMMUNICATION

Be honest and open with key people

2



PREPARATION

Have everything you need to hand but expect things will go wrong and have a plan (don't forget to pack your sense of humour though)

3



HAVE A GO

You will never know until you try

4

LITTLE THINGS THAT MAY HELP

SAFETY EQUIPMENT

Trio **Silex**® soft silicone flange extenders can give you the extra feeling of security that you need when getting out and about for the first time. Trio **Silex**® is designed to ensure that the edges of your base plate do not lift, but instead are kept securely in place, giving you longer wear time and greater comfort and peace of mind.

Trio **Pearls**® super absorbent gelling and odour control sachets are designed to gel in the pouch to thicken liquid stool. It reduces the need to drain too often, the risk of leaks, odour during drainage and therefore the potential of embarrassment.

These items are handy whatever you plan on doing and details are on our website.

CLICK HERE
FOR YOUR
FREE SAMPLE!

RADAR KEY

To give you that bit of extra security when out and about, you should be able to get a Radar NKS key and toilet card from your stoma suppliers or you can purchase the Radar NKS key online. This will give you access to nearly 9,000 toilets in the UK. The Colostomy Association offers a photo ID card explaining the need to use disabled toilets.

