

# Vesicostomy Button Care and Aftercare

**This leaflet explains more about returning to you/your child's everyday activities after you/your child's Vesicostomy button. If you have any further questions, please speak to a doctor or nurse caring for you.**

## When can I leave hospital?

If you/your child recover well from the anaesthetic then you will be able to go home the following day or later that day if you have had a change of button.

## After I leave hospital

You/your child will be able to eat and drink as normal before you go home. You/your child can return to school after a few days following discharge but contact sports should be avoided for approximately four weeks following surgery.

## Will I be in pain?

You/your child will feel a mild discomfort on the abdomen wall for a few days to a week post insertion. Regular paracetamol and ibuprofen are perfectly adequate pain killers for this procedure and can be slowly reduced after a few days.

## Looking after my wound

**Treat the entry site as a surgical wound for the first 48 hours post insertion, assessing it for healing changes.**

**The skin around the Vesicostomy should be cleaned at least daily using saline and gauze, ensuring the site is left dry.**

**If you notice the wound looking red, inflamed or pus formation please contact the ward/local pharmacist or your GP for advice.**

**The button needs to be turned 360 degrees every 24 hours** to prevent the disk from 'bedding in' and to prevent the button from sticking due to serious ooze.

You/your child can shower as normal or have a shallow bath, however the stoma site should not be immersed fully in water until the site has healed.

## Ongoing Stoma Care

The gastrostomy site should be cleaned every day and the site inspected for signs of infection and formation of excessive new tissue growth around the wound site (known as granulation tissue).

If the skin is clean and intact, dressings are not required. If there are concerns with the site and you suspect an infection, a swab should be sent for cultures, by your GP or the community nurses. The stoma site should be monitored for signs of the following:

- redness
- bleeding
- smelly discharges
- pain or discomfort.

## Weekly – checking balloon inflation

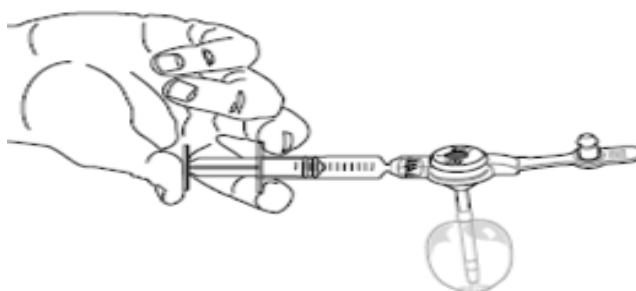
Attach a 5ml syringe onto **the balloon port labelled BAL** of the button (fig 1) and gently pull back the plunger until no more water comes out of the balloon (usually 3-5mls), thus deflating it.

**It is advisable to securely hold on to the Vesicostomy button during this procedure.**

Check the recommended volume of the balloon as stated on the inflation valve.

Draw up the recommended volume (specified on the port) and inject the water, thus re-inflating the balloon. Never fill the balloon with air.

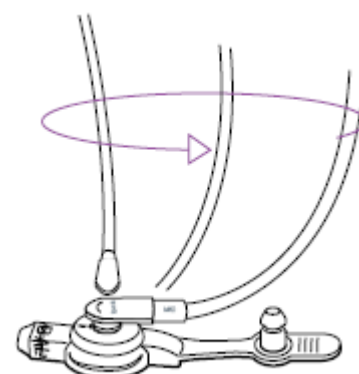
**Always keep the balloon valve clean and never try to feed through it.**



## Attaching the drainage set

In order to use the button you must first open the lid. There is an anti-reflux valve within the button to prevent stomach content from leaking out. To attach the set:

- Lift up the safety cap from the feeding port.
- Line up the black line on the extension set with the black line on top of the button.
- Push the extension set into the feeding port, whilst gripping the external stabiliser to prevent putting undue pressure on the child or young person's abdomen.
- Turn the extension set clockwise until it stops.
- The extension set is now locked in place and ready for use.



## When can I get back to normal activities?

Except for contact sports and swimming you can resume all other activities fairly quickly.

## What should I do if I have a problem?

Watch for the signs that you know are associated with your child and a urinary infection.

- e.g. pain
- e.g. fever (temperature higher than 37.5°C).

## Will I have a follow-up appointment?

The ward nurse will make sure you have an appointment for follow up before you leave the ward.

## Useful sources of information

British Association of Paediatric Urologists [www.bapu.org.uk](http://www.bapu.org.uk)

British Association of Urological Surgeons [www.baus.org.uk](http://www.baus.org.uk)

## Contact us

If you have any questions or concerns about your Vesicostomy button please contact the urology CNS nurses on 020 8725 2454 (Monday to Friday, 9am to 5pm) or text on 07717 291 217.

**Out of hours**, please contact Nicholls ward 020 8725 3389.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## **AccessAble**

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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