

---

---

# ASPIRE ASSIST®

## POST-PROCEDURE INSTRUCTIONS

---

---

### AFTER YOUR DEVICE IS PLACED:

---

- You will have a long tube (A-tube) coming out of your abdomen. The new opening in your abdomen where the A-tube is placed is called a stoma. The tube will be taped to your abdomen while the stoma heals. YOU SHOULD ROTATE THE CROSSBAR ¼ TURN EVERY DAY.
- You may resume normal activity as soon as you feel ready, though you should plan to take it easy for several days after your procedure.
- You may take Tylenol (acetaminophen) for any discomfort. If you were given a prescription for pain medication, you may take this as directed.
- You should take your ORAL ANTIBIOTICS as prescribed for 24 hours after your procedure.
- Warning: DO NOT take any non-steroidal anti-inflammatory medications (NSAIDs) such as aspirin, ibuprofen (Advil or Motrin), or naproxen (Aleve).
- You should not shower for 48 hours after your procedure. You may sponge bathe during this time, while making sure to keep the stoma dry.
- After 48 hours, you may begin showering, but you should keep the stoma site dry by covering the A-tube and surrounding area with a waterproof covering with adhesive borders. After showering, gently remove the covering and wipe around the stoma with soap/water and pat dry.
- You should not take a bath, swim, or use a hot tub until your doctor instructs you to do so.
- You should contact your doctor right away if you have:
  - A fever above 99 degrees
  - Severe pain even when taking pain medications
  - Leakage of fluid or blood around the stoma which quickly soaks the gauze
  - A-tube feels tight or is pulled out of the stomach
- You will have a follow-up appointment with your doctor in 10-14 days. During this visit, the Skin-Port will be attached to the end of the A-tube, and you will be instructed on how to use your device.

**FOLLOW UP APPOINTMENT:** \_\_\_\_\_

**FOLLOW UP APPOINTMENT LOCATION:** \_\_\_\_\_