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ABDOMINO-PERINEAL RESECTION FOR RECTAL CANCER.

This guide is designed to provide you with background information to your operation. It aims to answer common questions and to be readily available to you as an *aide memoir*. It cannot cover in detail every aspect of your individual operation and may not deal with some areas that are of particular concern to you. These can be dealt with individually.

You should feel free to ask about any aspect of your care. All your questions will be answered fully, honestly and in as much detail as you wish. In the heat of the moment it is easy for questions that you intended to ask to slip from your mind. We recommend that you note on paper any questions that you may have.

What is involved.

The aim of an abdomino-perineal resection is to remove the rectum which contains the cancer. The incision will either be a low transverse incision or an 'up and down' incision in the middle of the abdomen. The surgeon will then carry out a general examination to determine the exact extent of the tumour and to ensure there are no other abnormalities in the abdomen. The rectum will then be resected. The abdominal and perineal wounds are then closed. There may or may not be skin sutures that have to be removed some 8-10 day later

Before the operation.

You will have a number of routine blood tests. You may also have a scan. The exact type will be determined by your individual requirements. You will be assessed by the anaesthetist who will advise you on the various ways of controlling post-operative pain. Prior to the operation you will be given a laxative to empty and clean the bowel. Once you are asleep various tubes and lines will be inserted into your veins, the bladder and through your nose into your stomach. These will be removed during the first 2-4 days following surgery.

Will a colostomy be required?

A colostomy is when the bowel is brought up onto the abdominal wall and a bag has to be worn. A permanent colostomy is required in your operation because the tumour is so close to the anal sphincters that it is not possible to resect it with an adequate margin of clearance without including the anal sphincters themselves. One result of this is that you will have an abdominal wound but also a small wound where the anus used to be. These will heal in the same way. Before the operation is undertaken you will be visited by a stoma nurse and the surgeon and the various appliances will be discussed with you. It will also be necessary to mark your abdomen so that the stoma is sited in the best position.

Pain relief.

Proper pain relief is very important for both holistic and physiological reasons. Your post-operative recovery will be slower if you do not have adequate pain relief. Patients often have an understandable reluctance to take pain relieving drugs. This is a mistake and may increase post-operative complications. The principal that underlies all methods of pain

relief is that the drugs work best if you anticipate the pain. A small quantity of the drug taken regularly (even if pain free at that time) will work better than waiting for the pain to occur and then taking a larger dose.

Before the operation the anaesthetist will offering you two types of pain relief. The first is an epidural anaesthetic. This requires a needle to be inserted into your back and drugs are given through a fine catheter. The alternative is Patient Control Analgesia (PCA). With this technique you press a button as and when you feel the pain and a small dose of the pain relieving drug is administered. The advantage of these techniques is that a small quantity of the pain relieving drug can be administered on an on-going or regular basis and prevent the pain rather than treat it after it occurs. This is by far the most effective form of pain relief. Alternatively, regular injections can be administered. This is not as effective as they are usually administered after the pain has occurred.

After a couple of days adequate pain relief can normally be achieved by oral medication. Regular Panadol, regardless of whether you have pain or not, is the foundation on which other medications are given. You should use this to provide background pain relief for a week after your operation. Additional, stronger painkillers and/or anti-inflammatory drugs can then be taken on top of the Panadol for break through pain. Many strong painkilling medications contain morphine, codeine or a derivative of these drugs. One of the side effects of these drugs is constipation.

The first 24 hours.

You will be nursed in a High Dependence Unit (HDU) where you are kept under constant observation. You will be attached to various monitors and numerous observations will be performed. The physiotherapist will visit you and will ensure your lungs are clear and free of secretions and exercise your legs.

The second 24 hours.

Much as day one, but if possible you will be sat in a chair during part of the day.

Days three to five.

Some of the tubes may be removed. You may be permitted some fluid by mouth and you may pass some flatus (wind) through the anus.

Days five to ten.

You will start eating, moving around the ward, have a bath and generally return to normal, but limited, activities. Your bowel will start to work but maybe a little erratic and you may have some diarrhoea. You may have an episode of incontinence. Patients recover at different speeds and you should not be concerned if your progress appears slower than you anticipated. During this period you will be shown how to manage your colostomy. It is important that you are comfortable with this before you leave the hospital.

Going home.

You will normally return home 10-16 days after your surgery, but this will vary with your progress and home circumstances. You will obviously be tired and you should plan to rest during each day. You should avoid domestic activities for at least the first three weeks. Sitting in a high backed chair can reduce the strain on your abdominal wound as it is easier to get up out of.

Recovery over the first six months.

Over the first six weeks you should gradually increase the exercise you take. You should avoid strenuous exercise for four weeks. 'Little but often' should be your aim and a short walk two or three times a day is better than one long walk. Gradually increase the distance you walk over the next few weeks. The surgical wound has almost returned to full

strength at ten days so it is almost impossible to 'over exercise' yourself to the extent that you damage the surgical area. If you feel comfortable doing a particular activity then it is very unlikely you will do yourself any harm. In general it is sudden, unplanned movements that cause problems.

At six weeks you will be only 80% fully recovered. As you start to feel better the likelihood is that you will overdo it and at this stage a couple of days of feeling well (and overdoing it) will be followed by a bad day as your body compensates. You have been warned! In general you should stop if you feel tired or if you feel pain. To fully recover to the point that you feel you have not had an operation will take three to six months, depending on your age and pre-operative fitness.

For medico-legal reasons you must not drive for four weeks.

Bathing and showering.

It is quite safe to get your wound wet with a shower or quick bath two or three days after your operation. However, long soaking baths with a Jeffery Archer novel should be avoided for at least three weeks as the wound will become soft and the scab may become infected. Adding salt to the bath will not help heal the wound and may make your skin dry and tight. After washing, pat the wound dry with a clean towel. A bath mat helps prevent slipping and a towel hooked around the bath taps can be a helpful lever when you try to get out. It can also be reassuring to have someone else in the house the first time you have a bath, even if you do not need help.

Sleep.

Changes in your routine, restricted movement, lack of exercise and wound discomfort will interrupt your normal sleep pattern or wake you during the night. Uninterrupted sleep is more valuable than 'cat-napping' so you may find it helpful to take a pain killer before you go to bed.

You can resume sexual activity when this feels comfortable.

Eating.

Your appetite will not be good for some weeks after surgery and you may feel aches, bloating and indigestion after meals. These symptoms usually disappear as you become more active. You should take small, frequent meals with a good intake of protein (lean meat, dairy produce, fish *etc.*). A small amount of alcohol can improve your appetite and is not usually harmful.

Work.

Your return to work depends on many factors, including your occupation, age and general health. You will definitely require one month off work, but realistically most will require up to two months and some may require a third month. It is better to feel completely well before you return to work rather than have to take more time off a few weeks or days later because you have returned to work too early.

The wound.

Wounds progress through several stages of healing. You may experience:-

- unusual tingling, numbness or itching sensations.
- a slightly hard or 'lumpy' feeling as new tissues form.
- pulling around the stitches or staples as the wound heals.

This is normal. Do not pull at any scabs as they act as a natural dressing and protect the new skin underneath. They will fall off when no longer required. You should seek help if any of the following occur:-

- the wound pain increases
- the wound becomes more reddened or swollen
- there is any discharge from the wound

Your post-operative bowel habit.

After the operation your motions will come through the colostomy into the bag on your abdominal wall. At first the activity of the colostomy may be a bit temperamental, but with time it will settle down and you will learn how it reacts to certain foods. The advice of the stomatherapist will be invaluable to you.

Surgical trainees

Some patients may have their abdomino-perineal resection undertaken by a surgical trainee. A trainee performing an abdomino-perineal resection is normally, but not always, under the direct supervision of the consultant. It is important that, as part of their training, trainees gain independent experience whilst consultant cover is still immediately available. There is a substantial body of surgical literature that shows the outcome of operations undertaken by properly supervised trainees is no worse than those performed by the consultant. This literature specifically includes anterior resections.

Any further treatment?

The aim of the operation is to remove the cancer. Naturally you will wish to know how successful the operation has been and what the future holds for you. Immediately after the operation it will be possible to tell you how the surgery went and whether all the obvious cancer was removed. The bowel that is removed will be sent to the pathologists for detailed examination. A full report may not be available for seven days. You will be advised of the results as soon as they are available. However, these cannot be anticipated and patients often find waiting for the results a stressful period.

Experience has shown that even if there is no obvious cancer left at the end of the operation some patients will later develop further disease (a recurrence). This recurrence may either be local (at the site of the original cancer and the operation) or distal (elsewhere), usually the liver or lungs.

Local recurrence is best prevented by adequate local surgery at the first operation. The only additional treatment possible is radiotherapy. This can be delivered before or after the surgery. If it is highly likely that radiotherapy will be required it is best given before any surgery. On some occasions it is not clear until after the surgery that radiotherapy is required and it will be delivered then. There are advantages and disadvantages to both options and patients have to be considered individually. The radiotherapy may or may not be given with chemotherapy. Radiotherapy has complications of its own. If it is likely that radiotherapy may be of benefit to you arrangements will be made for you to discuss this with the Radiation Oncologists. This discussion does not commit you to undergo radiotherapy, but does allow you to make an informed decision.

Distal recurrence is believed to occur because some cancer cells, too few to be detected by either tests or the surgeon, have already spread beyond the operation area and with time these grow, usually in the liver or lungs, just like the original cancer. To reduce the chances of this occurring it is sometimes appropriate to offer further treatment to kill these cells while they are very few in number. This is called chemotherapy. Pre-operative chemotherapy is normally only given with pre-operative radiotherapy. A decision about post-operative chemotherapy can only be made after the cancer has undergone

histopathological examination. Exactly who will benefit from what chemotherapy is a complex decision and has to be individualised for each patient. If it is likely that chemotherapy may be of benefit to you arrangements will be made for you to discuss this with the Medical Oncologists (cancer specialists). This discussion does not commit you to undergo chemotherapy, but does allow you to make an informed decision. If you do require post-operative chemotherapy you may require long term venous access and this can best be achieved with an infusaport. This is normally done four to six weeks latter requires a brief general anaesthetic as a day case. A separate advice sheet is available.

Follow-up.

You will be reviewed about six weeks after your surgery. You will then be followed-up every 3-6 months for the next two years and then yearly for the next three years. At each visit you will be examined and blood tests may be performed. During the second year and sixth years a full colonoscopy may be performed. The aim of these visits is to ensure that you remain well and to detect, at the earliest possible moment, any recurrent disease should the tumour recur.

If you have any concerns you should contact the surgical secretary who will arrange for a surgeon to ring you or for your next out-patient appointment to be brought forward.

How long have I got, doc?

This is likely to be the most important question you will wish to have answered. It is also the hardest to answer accurately. It is impossible to even begin to answer this question until the operation has been completed and the pathology reported. You will then wish to know what the future holds for you, as an individual. We cannot answer this precisely for you as an individual but we can tell you about the average outcome for a group of 100 patients presenting with the same type of cancer. These average outcome statistics are taken from the many previous studies that have been reported from hospitals and countries around the world. Should you feel that results gathered from around the world in this way are not relevant to you personally you should ask your surgeon for his or her results.

What can go wrong?

You will be undergoing a major operation. Major operations are sometimes complicated by adverse events. That said, the surgeons, anaesthetists and nurses caring for you have an extensive experience in what is, to them, a routinely performed operation.

The table below summarises the potential risks and complications. It is not intended to alarm as most patients will not have any complications. However, it is important that you appreciate that major surgery does carry risk and complications can and do occur. Although everything possible will be done to prevent the development of any complication, it is only possible to reduce, not eliminate, these events. This table is not exhaustive and if you have any concerns you should ask before you sign the consent form.

The majority of complications tend to occur in two groups. The first group are a direct effect of that particular operation. There is one potential specific problem following an abdomino-perineal resection. This is damage to the nerves in the pelvis that supply the bladder and genitals. The whereabouts of these nerves is known and every effort is made to avoid them. However, sometimes they are intimately involved with the cancer and may have to be sacrificed in order to obtain a complete cancer clearance (the prime objective of the operation). On other occasions their post-operative function appears compromised even though there was no evidence that they were damaged during the operation.

If the nerves are damaged there may be problems with micturition and, in men, impotence. The available data regarding the risk of nerve damage is not of high quality. The best available information suggests that in men under 50 years the risk of partial or complete

impotence is probably less than 10%. For those aged 50-60 years the risk of partial impotence is 40% and total impotence is 10%. For men aged over 60 years the risk of partial impotence is 10% and total impotence is 40%. These figures are over and above the pre-existing incidence of impotence in the general population. They will be further increased in men with specific risk factors such as vascular diseases, smoking, diabetes *etc.* Studies have shown that even if the nerves are shown to be working at the end of the operation, patients may still be impotent.

The equivalent problem in women is vaginal dryness. Women may also find they have discomfort or pain with intercourse, particularly during the first few months. This occurs because the dissection separates the back of the vagina from the front of the rectum. This causes scarring which matures and softens with time.

Less commonly, damage to these nerves can lead to problems emptying the bladder.

The second group are general complications that can occur after any operation. The risk of these complications is greatly influenced by pre-existing medical conditions such as a previous heart attack, chronic illnesses such as diabetes, and smoking.

The best way to manage potential complications is to prevent them occurring in the first place. Hence the use of preventative, or prophylactic, treatment. It is important to correct any underlying medical conditions. For this reason it is essential you advise your doctors of all earlier operations and previous or ongoing medical illness. All your drugs should be brought to the hospital and shown to your doctors.

Risk	What happens	What may be done (options)
<i>General complications that may occur after any surgery</i>		
Clot in legs (DVT)	A clot forms in the legs. This may make the legs swell. The clot may break away into the lungs. This is a pulmonary embolus.	Blood thinning drugs (heparin) started at the time of surgery. TED stockings.
Post-operative bleeding	Blood leaks into the abdomen or out through a drain	1. blood transfusion 2. re-operation
Wound infection	An infection, including the development of pus, occurs in the wound	Antibiotics started at the time of surgery. Drainage of any pus is required, and this may require another operation or drainage under radiological guidance
Intra-abdominal abscess	A collection of pus or infection blood in the abdomen	Drainage, either by surgery or under radiological guidance
Chest infection	A pneumonia develops	Antibiotics are required. A few patients require ventilation (in ICU)
Wound dehiscence	The wound opens up	Surgical repair within a few hours.
Incisional hernias through the wound	A weakness develops in the wound. The bowel then slips through the abdominal wall and a bulge appears. This usually occurs more than six months after surgery. The overall life time risk is >15%. This risk is increased in patients who have either chemo-therapy or radiotherapy, a wound infection or a chronic illness like diabetes or obesity.	A surgical repair, usually with mesh, is required.
Urinary tract infection	Bacteria enter the bladder	Antibiotics
Bladder may not empty	It is not possible to pass urine. As the bladder get full, the patient gets uncomfortable.	The catheter is re-inserted and removed a few days later. Normally this solves the problem. Sometimes a catheter is required for 2-3 weeks. In men, prostate surgery may be required.

Vascular event	Stroke Heart attack	Each event managed on its own merits. Normally a period in ICU is required.
Death		In a fit person <2%. In other patients the risk is very dependent on pre-existing medical problems. A general estimate can be made by the use of risk prediction tables.

Complications that may occur after bowel surgery

Post operative ileus	The bowel remains paralyzed for longer then the usual 3-4 days	<ol style="list-style-type: none"> 1. a tube through the nose is inserted/left in the stomach 2. various drugs may be given 3. although it normally resolves in 3-5 days an ileus can occasionally be so prolonged that intra-venous feeding (TPN)is required.
Bowel blockage (adhesions)	Scar tissue in the abdomen blocks the bowel. This can occur within a few days of surgery, or many years latter (or any time in between). The life time risk is 15-20%	A NGT and IVI settles most. Some patients require further surgery.

<i>What increases the risk of surgery</i>	<i>Examples</i>	<i>Why is the risk increased</i>
Medical illness	Pre-existing general medical conditions such as endocrine disorders, heart attacks or strokes <i>etc.</i>	As far as possible pre-existing medical problems will be corrected prior to surgery
Previous surgery		Scarred tissue is normally of poor quality and does not heal well
Obesity		<ol style="list-style-type: none"> 1. poor quality tissue 2. poor mobilisation leading to increased risk of DVT, chest infection 3. poor blood supply so the risk of wound or anastomotic failure is much increased 4. extra strain on the wound, heart <i>etc</i>
Drugs	Examples include steroids, aspirin, blood thinning agents	Normally because they increase the risk of bleeding, infection or decrease the quality of wound healing
Diabetes		<ol style="list-style-type: none"> 1. ability to combat infection reduced 2. poor blood supply 3. slow healing
Smoking		Increased risk of infection, vascular events and thrombosis

Definitions

IVI	Intravenous infusion ('a drip')	
NGT	Nasogastric tube	A fine tube from through the nose into the stomach to drain the stomach and stop vomiting.
ICU	Intensive Care Unit	For very ill patients, or those requiring ventilation
Ventilation		Placing patients on a machine that does the breathing for them. A tube is place through the month into the upper airway.

