

POST-OPERATIVE INSTRUCTIONS

COLON RESECTION

DIET: You will be discharged home on a light diet. The most important thing is to eat four or five small meals a day. Do not over-eat at any one sitting. Also, drink plenty of water, juice or Gatorade for a few days.

WOUND CARE: You may change the gauze dressing at any time after surgery. You may shower at home. Remove the dressing before showering. You may leave the dressing off if it is comfortable for you to do so, however, if you are having drainage from your incision then you will need to keep it covered. You will have staples on your incision. These will be removed for you at your follow up appointment. Avoid sitting in a bathtub or swimming until you are instructed that it is safe for you to do so. Call the office if there are any signs of infection such as pain, redness, or persistent drainage.

ACTIVITY: You should walk at least three times a day around your house. Stairs are not harmful. Avoid lifting anything heavier than a gallon of milk. Refrain from strenuous activity or exercise until after your follow-up visit. Do not drive or operate heavy equipment until after your follow-up visit and you are off narcotics and are not hindered in any way.

MEDICATIONS: You will get a prescription for a painkiller before you leave the hospital. Start with one every four hours and increase to two if that doesn't help. Take the pills with food. If they make you nauseated, try extra strength Tylenol or Advil. If it persists, call the office for a new prescription. Medications **will not** be refilled after hours or on the weekend.

FOLLOW-UP: Call the office at (432)580-8330 to make a follow up appointment for 1-2 weeks after surgery. Do this as soon as you get home from the hospital or on the next business day if you are released after hours or on the weekend.

EMERGENCY: If you have any problems or questions, do not hesitate to call the office number. After hours you will reach the answering service. Tell them your name, when you had surgery, what kind of surgery you had and what problems you are having. They will contact the doctor. Call if you have severe pain, persistent vomiting or fever over 101.0 degrees. If it is an extreme emergency, please go to the closest emergency room.

Thank you for allowing us the privilege of providing your surgical care.

Signature _____ Date _____ Instructions given by _____