

DISCHARGE INSTRUCTIONS AFTER COLON SURGERY

DIET

Take soft diet and plenty of liquid diet. Avoid excessive intake of dairy products. Avoid meat or undercooked vegetables. Fish, Chicken, pasta, rice, noodles, soups, potatoes and well cooked vegetables are preferred. Nutritional supplements such as Ensure or Boost are recommended. If you have diabetes, use Glucerna instead. It is normal not to have a good appetite for several weeks. Refer to the section on low residue diet.

ACTIVITY

Do not lift weights more than 20 lbs for six weeks after surgery. Walk within and around the house as much as possible. Do not drive when on prescription pain medications. Please take the incentive spirometer that is given to you in the hospital and continue the breathing exercises ten times every hour when awake. It is normal to feel exhausted and tired for several weeks after surgery. You may resume work with the restriction of heavy lifting at about four weeks.

CARE OF THE INCISION

At the time of discharge you may or may not have staples or steristrips, paper strips holding the wound together. The staples will be removed in the office at around the tenth day. The steristrips need not be removed, they will fall off by themselves, if they are present after ten to twelve days gently peel them off in a shower. You may take a shower and allow water to flow over your incision and dab it dry. Do not use bath tub. It is normal to have itching or a pricking sensation over the incision when the wound is healing.

You may also notice some drainage from the incision. If the drainage is excessive or the wound becomes red and painful please call us.

MEDICATIONS

Take one or two of the narcotic pain medications every four hours as needed for pain. Take a stool softener such as Colace with it. Stop the stool softener if you have diarrhea. The narcotic pain medications may cause drowsiness, nausea or constipation. Avoid driving when on pain medications.

Resume all other home medications unless otherwise instructed not to do so. Do not take Aspirin or other blood thinners for ten days after surgery, unless instructed otherwise.

FOLLOW UP APPOINTMENT

Follow up in our office, 10 days from the day of your surgery. Call our office at 770-495-0799 for an appointment. In case of abdominal pain, nausea, vomiting or fever call our office or report to the emergency room.