



University Surgical Associates

Exceptional surgeons. Compassionate care.

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DISCHARGE INSTRUCTIONS FOLLOWING COLON SURGERY

***** Call 267-0466 tomorrow to schedule a postop appointment in 2 weeks. Please tell the scheduler the date of your operation.**

INSTRUCTIONS AFTER FIRST POSTOP DAY UNTIL FIRST BM (medications are over the counter)

- Sennakot twice daily
- Milk of Magnesia 30cc or 2 Tbsp twice daily
- Stop both medications after first BM; Do not use other over the counter laxatives without your doctor's permission; please resume any prescription laxatives on discharge

MEDICATIONS

- Resume your previous medications unless instructed otherwise
- Resume aspirin or blood thinners upon discharge after your surgery, unless instructed otherwise
- Pain medication upon discharges from the hospital will be sent to your pharmacy
- Bowel function may be irregular at first. You will need to call the office for specific instructions from the nurse if symptoms persist; please only use laxatives with physician instruction

ACTIVITY

- NO HEAVY LIFTING, PUSHING OR PULLING >10# X 6 WEEKS
- Walking 5x everyday
- Abdominal muscle soreness at first is normal, use a heating pad for 20mins on low heat
- Feeling weak and tired for the first few weeks after surgery is normal. You will gain more energy within 6wk
- You may climb steps
- No driving for 2 weeks after surgery, or if as long as you are taking narcotic pain medication

DIET

- Regular diet. Avoid fried, spicy and greasy foods for the first few weeks or any foods that bothered you before surgery. Chew well.
- Drink 8 x 8 oz. glasses of water per day
- Your appetite may not return to normal for the first few weeks after surgery. Eat small meals 4-6x daily

WOUND CARE

- Steri strips will come off in 10-14 days. When they curl, please remove them. It is OK to shower, but do not scrub.
- If your staples were not removed prior to discharge you will need to call the office to make an appointment to have them removed. You may shower

WHEN TO NOTIFY THE PHYSICIAN (some bleeding with bowel movements for six weeks after surgery is normal)

- Bleeding with or without a bowel movement if toilet water looks like tomato soup
- Severe pain not relieved by pain medication
- Fever over 101
- Inability to urinate
- Severe diarrhea >6BM/day
- Ileostomy patients should call if the daily output appears to be more than 1200cc or ostomy appliance is emptied more than 6 times per day
- If incision appears red, hot to touch, or having large amounts of bleeding or drainage