



POSTOPERATIVE INSTRUCTIONS: Laparoscopic Colon Resection

Activity

First 2 days: Take it easy at home. Do NOT bend or lift as this may worsen discomfort.

Walking is encouraged for short distances and as frequently as tolerable.

2-7 days: Continue walking, gradually increase distance and time you may begin driving as long as no narcotics are taken within 8 hours.

After 1 week: May begin light weights, swimming and resume all normal activities as tolerated.

Pain

Most pain is due to the incisions and can be controlled often with ibuprofen alone. However, narcotics will be given after surgery, and should be used as needed. Please be aware that a common side effect of narcotics is constipation and nausea, so if they can be avoided, please do so. Avoid taking narcotics on an empty stomach to help prevent nausea from occurring.

Incisional pain typically lasts for up to a week, but varies in each patient. If refills are needed, please call the office during regular work hours 9am-5pm M-F. Narcotics refills will only be given during these hours when a physician is available.

If the pain does not subside or worsens over time, please contact the office anytime.

Diet

No restrictions eat what is comfortable. Foods that cause excessive bloating may increase incisional discomfort. If you have not had a bowel movement after 3 days, please start consuming high fiber products such as fresh fruit, prunes, etc... Additionally, take 1-2 tablespoons of Milk of Magnesia (available over the counter) every 6 hours on the third (3) day home if you have not had a bowel movement.

Wound Care

The band-aids may be removed after 48 hours from surgery, at which time it is safe to shower. The underlying steri-strips are to remain on for 7 days total. After 7 days, it is easiest to remove them in the shower by peeling them off at the edges. The suture below is absorbable and therefore there is nothing else to remove. No baths, swimming pools, or saunas for at least 1 month after surgery.

Problems

Please contact us immediately if you experience any of the following: worsening nausea/vomiting, increased pain, fevers (temp.> 100.4), redness or drainage from your incisions. If you think there is something wrong, please don't hesitate to call.

Appointment

We will need to see you approximately 2 weeks after the day of your surgery unless otherwise specified. Please inform the receptionist that you are a postoperative patient when scheduling the appointment.

For questions or concerns please call: 503-292-1103[Type text]