



Dr. Anil Dalvi and Dr. Matt Mosseler
40 Hillside Drive, Unit 204
Georgetown ON L7G 4W4
Phone: 905-702-2629 Fax: 905-702-5225
info@georgetowngeneralsurgery.com

Post-operative Instructions for Bowel Surgery

Findings:

Follow-up:

Your follow-up appointment is a telephone appointment at _____.
Note Dr. Dalvi or Dr. Mosseler will call you within 30 minutes of this time.

Your follow-up appointment is an in-office appointment at _____. See our
address below.

Please call our office the Monday morning after your surgery to arrange a:

___ week telephone follow-up appointment.

___ week in-person follow-up appointment.

Office Number 905-702-2629. The office is in the medical building behind Georgetown Hospital. .
Contact us if any concerns about wound healing or your post-operative course.

Address:
40 Hillside Drive, Suite 204
Georgetown ON L7G 4W3
Email: info@georgetowngeneralsurgery.com

Presenting to the Emergency Department:

If you have worsening abdominal pain, fevers, chills, nausea and vomiting or unable to tolerate fluids, or any significant concern regarding your wounds or your wellbeing after surgery, call our office or return to the emergency department for assessment. If possible return to Georgetown Hospital (where you had your surgery).

Pain Control

The first 1-3 days after discharge you may have soreness at the incisions. You may find using Tylenol regularly (every 4 to 6 hours) up to maximum dose for the first 1-2 days and then as needed may be helpful and alternating with your prescription medications as needed. For example you may Tylenol at 8:00 am, and Statex at 11:am and Tylenol at 2 p.m.

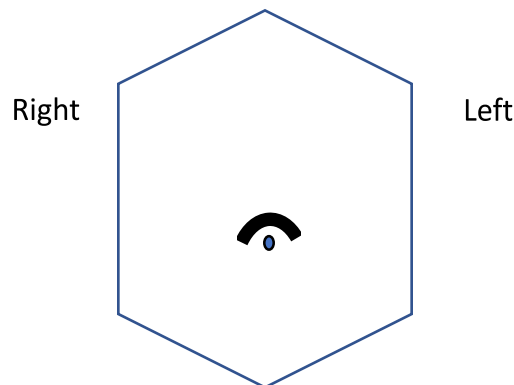
If requiring prescription pain control, consider adding a stool softener such as Restoralax as you may become prone to constipation after your surgery with prescription pain medication.

Do not use anti-inflammatories such as Advil, Ibuprofen, Aspirin, Naproxen or Celebrex for pain control for the first 2 months after your surgery. Consult your surgeon or a pharmacist if you have any questions about this.

If you are having worsening pain despite pain medication or requiring more and more pain medication, return to the emergency department for assessment.

Your incisional pain will typically resolve within the first two to four weeks however you may have sensitivity at the incisions for up to 6 months. In addition as the nerves in your abdominal wall heal you may have periodic short bursts of sharp pain burning or itching around your incisions and your abdominal wall.

Incision Care and Showering:



- 1) Keep the incisions dry and covered for the first 48 hrs after surgery.
- 2) You may shower after 48 hrs provided there is no concern about drainage or infection at the incision (see below)
- 3) Do not soak the incisions, and pat dry after the shower
- 4) Typically there will be staples on your skin incisions. They will be removed by your surgeon or family doctor between 10-14 days after your surgery.
- 5) No ointments, powders or creams on the incisions
- 6) No additional dressings are needed on your incisions
- 7) Watch for signs of infection:
 - a. Increasing redness or warmth around the incision

- b. Pus-like drainage
 - c. Excess swelling or bleeding
 - d. If you take your temperature and it is greater than 38.5 C in two readings 4 hours apart
- 8) You may soak in a tub or pool **after** 2 weeks unless otherwise instructed by your surgeon.

Diet:

- 1) There are no long term changes to your diet.
- 2) After your surgery, while in hospital you will be immediately started on clear fluids and progressed slowly to a solid diet prior to discharge.
- 3) You can slowly return to your regular diet, but for the first two to three days you may not feel like eating anything heavy as it takes some time for your bowels to start moving regularly
- 4) After any surgery always make sure you are drinking plenty of water as dehydration can be a common cause of post-operative emergency visits.
- 5) You may consume caffeinated beverages immediately after your surgery but for the first week be sure you are keeping hydrated as caffeine will dehydrate you.
- 6) Be very careful with alcohol as it can interfere with medications, and dehydrate you, and impair your recovery. If possible avoid for the first two weeks.

Medications:

Unless discussed, you may return to your regular medications following the surgery, once you are able to tolerate liquids. Any exceptions (for ex. Blood thinners) will be discussed with you. If you have any questions regarding your home medications contact my office or your family physician.

Other Instructions: _____

Activity:

- 1) Immediately after your surgery you are encouraged to get out of bed and walk as this will decrease the risk of blood clots after surgery.
- 2) You are able to do most activities around the house including dressing yourself, walking up and down stairs.
- 3) Do not lift anything greater than 15 lbs for the first six weeks to avoid wound disruption or hernia formation.
- 4) With respect to driving, you should not drive for the first 72 hrs after discharge and anytime you are requiring prescription pain medication. If you are easily fatigued, have pain that will restrict sudden movement or range of motion, or are having difficulty with being alert or concentrating, DO NOT drive.

- 5) With respect to sexual intercourse, as long as the type of activity is not cause significant discomfort for your incisions you may slowly return to regular activity as you feel comfortable. Remember the lifting instructions in section 3).
- 6) With respect to work, for jobs not requiring heavy lifting (greater than 15lbs) we recommend you take at least 2 weeks off, and possibly more depending on your recovery. With respect to jobs requiring lifting greater than 15 lbs you may require at least 4 to 6 weeks off work, depending on the work.