

## **Post Operative Instructions for Bowel Surgery**

### **Activity**

- Walking around the house, office work, climbing stairs or riding in a car is fine as soon as you feel able.
- You may feel tired for 3 to 6 weeks after your operation. Take a nap when you feel tired.
- Take a shower whenever you like, even if there is a drain in place. Afterwards, pat the incision dry.
- Do NOT take a bath or use a hot tub or sauna until the incision is closed and drains have been taken out.
- Sexual activity is safe as soon as you are comfortable.
- Do NOT drive a car while you are taking pain medicine.

### **Diet**

- Your appetite may be less than normal. Do NOT force yourself to eat. Only eat when you are hungry!
- Eat soft foods that are easy to digest.
- Do NOT eat roughage that gives you gas (e.g. broccoli) for the first 7 days after surgery.
- Concentrate on liquids. Drink plenty of fluids. It is important to stay well hydrated.
- The pain medicines you're taking may cause constipation.

### **Daily Incision Care**

- It is normal to have some bruising and swelling around the incision.
- Gently clean the skin around the incision daily with mild soap and water.
- Change the dressing (gauze) daily to help keep the incision dry and clean.
- Drainage will slowly decrease as the incision closes. When it has sealed over and is dry, you do not need a dressing.

### **Common Problems**

- You should expect to have a bowel movement at home in the next few days.
- Do not take laxatives to hurry bowel motion.

### **Call Dr. Bransky If**

- You have chills or fever greater than 101°F (or 38.3°C).
- You have new bleeding (soaking the dressing), redness, swelling, increasing pain, pus or a foul odor at the incision site.

### **Follow-Up**

- If you have not scheduled a follow-up appointment call Dr. Bransky's office to schedule one for 2 weeks from the day you went home.
- In case of emergencies, call Dr. Bransky and/or proceed to the nearest Emergency Room.