

IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

Colon Resection Surgical Patient

What to Expect After Surgery

- Greatest discomfort will be within the first 48 hours after surgery.
- Some bruising.
- Some swelling.
- Some drainage at incision site is normal.
- No bowel movement for up to 5 days after surgery.
- Unpredictable/sudden bowel movements.
- A need to adjust thinking on what “normal” bowel movements, are for you, after surgery.
- Weight loss after surgery.

Surgical Site Care Instructions

- You may remove bandages 48 hrs after surgery.
- You may shower 48 hrs after surgery. Incision(s) can be washed with soap and water.
- *Staples will be removed 7-10 days after surgery.*

Pain Mgmt After Surgery

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that initial prescription, a patient’s remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.

Other Helpful Information

- May drive once you are no longer using prescription pain medicine.
- Encouraged to be out of bed walking, the day following surgery.
- Avoid strenuous activity/lifting more than 20 lbs 8 weeks after surgery. Then proceed with activity as tolerated.

When to Contact Our Office

- Fever of 101° or greater.
- Increased redness or swelling around incision.
- Thick, odorous drainage from incision.
- Experience vomiting that will not subside.
- Have a sudden increase in pain.