

Central Texas Colon and Rectal Surgeons

Abdominal Surgery Discharge Instructions

Purchase the following medications:

- Prescriptions
- Any multivitamin
- Ducosate Calcium (Surfak) 240 mg. 30 capsules
- Milk of Magnesia

Diet: Take multivitamin daily. Follow the diet that was given to you in the hospital. You will most likely start with soft, bland foods in smaller amounts and more frequent meals for the first two weeks. By the end of the second week you should be able to tolerate a regular high fiber diet. You may resume alcohol use in moderation when you no longer require pain medications. Remember to drink plenty of fluids. If you have an ileostomy, stay on a low residue diet.

Bowel Movements: Expect your bowel movements to be irregular and frequently loose at first. Pain's medications can be constipating so laxatives may be required. Do not take enemas without your doctor's permission.

Laxatives:

- Take one of Ducosate Calcium with a full glass of water twice daily. If Bowel movements become too frequent, discontinue.
- Take one ounce of Milk of Magnesia if you go longer than 24 hours without a bowel movement. You may repeat in four hours if no result.

Pain medications: Take as directed. Do not drink or drive when taking these. Pain medications should be refilled during weekday business hours (before noon on Friday). Please plan ahead. To expedite your refill have your pharmacy fax a refill request to your prescribing doctor's office.

Wound Care: You may take a shower once the dressings have been removed. Do not submerge the incision under water until 7 days after surgery. If you have small tapes (steri-strips) on the wound, they can be removed once they start to peel off. If you have staples on your wound these will need to be removed in the office by the nurse prior to your first office visit with the doctor. Please call to make arrangements. If you have "glue" on the wound, it will peel off on its own. It is not unusual to have a small amount of blood or clear discharge from the wound. If you have an open wound your doctor will discuss wound care with you prior to discharge.

Activity: You should walk several times per day. You may climb stairs. You may ride in an automobile. No distant traveling until seen in the office. No driving until off of pain medications and having no significant abdominal discomfort. No heavy lifting for a period of six weeks. Expect to be weak and to tire easily when you first get home. This is normal and will take weeks to resolve. Rest up. You deserve it.

Call the office if:

- You have excessive diarrhea or constipation.
- You go more than 48 hours without a bowel movement and the laxatives have not helped
- You have significant rectal bleeding (greater than one ounce).
- You develop wound redness, pus or significant bleeding
- You develop fever greater than 101.5, persistent nausea or repetitive vomiting

Appointment: Please call the office on the day of discharge or the first business day after discharge for an appointment in approximately two weeks.

Office phone numbers:

Dr. Robert Cline: (512) 418-1763

Dr. David Fleeger: (512) 452-9551

Dr. Ernest Graves: (512) 452-9551

Dr. Thiru Lakshman: (512) 452-9551

Dr. John Mangione: (512) 418-1979

Dr. William Robertson: (512) 418-1755

Dr. Ricardo Solis: (512) 447-8911

After hours and weekends please call Medical Exchange at (512) 458- 1121