

DISCHARGE INSTRUCTIONS

COLON RESECTION

PATIENT NAME: _____

SURGEON: _____

DATE OF SURGERY: _____

PAIN MEDICATION

1. You will be given a prescription for pain medication.
 - a. If you become constipated, over the counter stool softeners or a mild laxative such as milk of magnesia can be taken.
2. **DO NOT DRIVE** while taking the prescription pain medication.
3. When the pain decreases, you can change to **EXTRA STRENGTH TYLENOL** or **ADVIL** for pain relief.
4. If you experience nausea and vomiting after taking the pain medication:
 - a. Stop taking the pain medication and try **EXTRA STRENGTH TYLENOL** or **ADVIL** or call the doctor for another prescription pain medication.
5. If you experience nausea and vomiting not associated with the pain medication:
 - a. Maintain your diet on clear liquids.
 - b. If the nausea and vomiting becomes persistent, call the doctor's office at 610-647-3077.

ACTIVITY

1. Ambulate as frequently as possible.
2. No vigorous activity, heavy lifting or straining for 4 weeks post op.

DIET

Maintain a low fiber (low residue) diet until your follow up appointment with the doctor.

DRESSINGS

1. Dressings should be changed daily and should remain in place until you are comfortable with the incision rubbing against your clothes.
2. You can shower after discharge. Remove the dressings and wash around the incision site with soap and water. Pat the area dry and apply a new dressing.
3. If a drain was placed, you can shower 24 hours after the drain is removed.

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CALL THE DOCTOR IF YOU EXPERIENCE:

1. Unusual discharge from the incision.
2. A temperature over 101 degrees.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

CALL 610-647-3077 TO SCHEDULE A FOLLOW UP APPOINTMENT FOR 10 DAYS FOLLOWING YOUR DISCHARGE.

This information is provided solely to those patients specifically under the care of Dr. Fox, Dr. Fried and Dr. Kripke of Surgical Specialists, P. C. and is not meant to be construed or distributed as public information.