



William Clay Albrecht, MD · Charles J. Aramburo, MD · Joey M. Bluhm, MD · Kelly S. Dempsey, MD · Elogy Etter, MD · Buckminster J. Farrow, MD · John D. Fisher, MD · Adrienne Floyd, MD · Amanda Garza · Robert M. Hillery, MD · Eddie Lambert, MD · Anne Le, MD · Liz Lee, MD · Thomas Wylie Moore, MD · Rick Ngo, MD · Guillermo Ponce de Leon, MD · Arlene Ricardo, MD · Murtaza Shakir, MD · Robert Shirley, MD · Lucrecia Sta Ana, MD · Michael Todd Wood, MD

### **Post-Operative instructions for Laparoscopic and Open Colon resection**

**Call and schedule your post-op visit to occur approximately 7-10 days after surgery.**

#### **Wound care:**

- 1) Remove outer dressing (if you have them) at 24-48 hours post-op after surgery.
- 2) Leave the steri-strips in place if you have them. They will fall off on their own.
- 3) You may have skin glue sealing your incision; this resembles super glue and is used to reinforce your dissolvable sutures making your incision waterproof and allowing you to take a shower. Do not soak in a tub or go swimming for 14 days.
- 4) You may use an ice bag to reduce swelling at the surgery site for the first 24 hours and then switch to heat if needed. It is normal to feel a knot under your surgical incision for several months after surgery.
- 5) You are able to take a shower 24 hours after surgery. Dry off the surgical incision after showering and cover with dry gauze if needed.
- 6) If you have a colostomy, you should have been set up with a medical supply company to provide bags, wafers and other necessary colostomy care products upon discharge from the hospital. If you have any problems obtaining supplies please call our office.
- 7) Staples are removed in the office at your follow up visit.

#### **Diet:**

You should stay on a soft diet until your follow up visit after surgery. If you experience nausea and vomiting after surgery start on a clear liquid diet and call our office.

#### **Activity:**

For 6 weeks after surgery

- 1) No heavy lifting over 20 lbs.
- 2) No strenuous exercise such as push-ups, sit-ups, or abdominal straining.
- 3) Walking is encouraged.
- 4) Normal daily activities are encouraged.
- 5) Running and biking are allowed when you feel up to it.
- 6) No driving until you are pain free and no longer using your pain medication.
- 7) Avoid extended bed rest.

#### **Constipation and bloating:**

- 1) You should have a bowel movement within 3 days of surgery. If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil. Laxatives should be used as a last resort because of the cramping they can cause. Pain medication often causes constipation
- 2) If you feel bloated, increase your activity.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479
Memorial Hermann Southwest Location:	7777 Southwest Freeway, Suite 810 · Houston, Texas 77074
Memorial Hermann Katy Location:	23920 Katy Freeway, Suite 410 · Katy, Texas 77494
Memorial Hermann Memorial City Location:	920 Frostwood, Suite 620 · Houston, Texas 77024
Memorial Hermann Cypress:	27700 Northwest Freeway, Suite 330 · Cypress, Texas 77433
St. Joseph Hospital	1315 St. Joseph Pkwy Suite 1708 · Houston, TX 77002
Pearland Kirby Medical Plaza Location:	10970 Shadow Creek Parkway, Suite 220 · Pearland, Texas 77584
Woman's Hospital:	7400 Fannin Dr., Suite 850 · Houston, Texas 77054
Central Business Office:	13811 Murphy Road · Stafford, Texas 77477

Main Telephone: 713.772.1200  [www.SouthwestSurgical.com](http://www.SouthwestSurgical.com)



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**Call our office if:**

- 1) You develop any unusual signs or symptoms such as tenderness, bleeding, redness, or drainage at the surgery site.
- 2) You have a temperature of 100.5 degrees or higher.
- 3) You have shortness of breath upon exertion.
- 4) You are unable to urinate within 8 hours of surgery.
- 5) Your pain is not controlled with your pain medication.

**Drains:**

Drains are sometimes used after surgery to promote healing, you will be instructed on how to empty and documents 24-hour totals on each drain (usually one and occasionally two drains are placed). This Drain Total Log should be brought to your post-op visit for your physician to review and is often one of the deciding factors regarding time for removal.

**Smoking:**

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increase rate of post-operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

**Medication refills:**

Please call your pharmacy directly and request any needed refills. The pharmacy will contact our office and refills will be expedited.

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