



## Patient Info: Post-Op Instructions for Colon Surgery

### Procedures

**Colectomy, Laparoscopic Colectomy**

### Incision Care

Remove any dressing(s) in 48 hrs. The incision(s) may be sealed with **staples**, a skin adhesive (**Dermabond**) or covered with white adhesive tapes known as **steri-strips**. Either way, there is no need to cover up the incisions again with gauze.

### Shower

You may shower 48 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them.

### Pain Medication

You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). You may use this if necessary, however, narcotics are constipating and may make your bowel movements more painful. Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.

### Bowel Medications

Loose stools or constipation can be normal. To combat constipation, you may take a stool softener (**Colace**) twice each day.

### Activity

Do not do any heavy lifting (more than 5 pounds) or vigorous exercise for **4-6 weeks**.

### Diet

You may eat anything you desire. If your throat is sore, try eating soft foods.

### Return to Work

You may return to work in **2 weeks** (usually after you have seen your surgeon).

### Physician Appointment

Call (941) 744-2700 to make your post-operative appointment to see your surgeon in **2 weeks** or if you have any questions.

### When to call your Surgeon

Persistent fever over 101.5 degrees F (39 C).  
 Pain that is not relieved by your medications.  
 Persistent nausea or vomiting.  
 Persistent cough or shortness of breath.  
 Purulent drainage (pus) or bleeding from any incision.  
 Redness surrounding any of your incisions that is worsening or getting bigger.  
 If you are unable to eat or drink liquids.

### In Case of Emergency

Your surgeon is available 24 hours a day at 941-744-2700, or call 911, or go to your nearest emergency department at Manatee Memorial Hospital or Blake Medical Center.