



**Patient Info: Post-Op Instructions for Colon Surgery**  
by Dr. Bunch & Dr. Erbella

<b>Procedures</b>	<b>Colectomy, Laparoscopic Colectomy</b>
<b>Incision Care</b>	Remove any dressing(s) in 48hrs. The incision(s) may be sealed with <b>staples</b> , a skin adhesive ( <b>Dermabond</b> ) or covered with white adhesive tapes known as <b>steri-strips</b> . Either way, there is no need to cover up the incisions again with gauze.
<b>Shower</b>	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.
<b>Pain Medication</b>	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.
<b>Bowel Medications</b>	Loose stools or constipation can be normal. To combat constipation, you may take a stool softener ( <b>Colace</b> ) twice each day.
<b>Activity</b>	Do not do any heavy lifting (more than 5 pounds) or vigorous exercise for <b>4-6 weeks</b> .
<b>Diet</b>	You may eat anything you desire. If your throat is sore, try eating soft foods.
<b>Return to Work</b>	You may return to work in <b>2 weeks</b> (usually after you have seen your surgeon).
<b>Physician Appointment</b>	Call (941) 744-2700 to make your post-operative appointment to see Dr. Bunch or Dr. Erbella in <b>2 weeks</b> or if you have any questions.
<b>When to call your Surgeon</b>	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.
<b>In Case of Emergency</b>	Your surgeon is available 24hrs a day. You may call either our office (941) 744-2700, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.