

MCRS Abdominal Surgery Discharge Instructions

Activity:

- Do not drive or make important personal/financial decisions if you have abdominal pain or while taking narcotic pain meds.
- Ask us prior to returning to work, this is usually after your scheduled post-op appointment.
- Avoid strenuous exercise or lifting more than 10lbs for one to two months after your surgery.
- If you were given an abdominal binder, please wear it while you are out of bed.

Bathing and wound care:

- Do not submerge your incisions for two weeks after surgery. You may shower using unscented soap on your incisions. We do not recommend scrubbing the wounds or stitches aggressively unless we discuss it specifically. Pat the incisions dry and apply a dressing as instructed.
- If you have an ostomy, after showering is the best time to apply a new appliance.

Medicines:

- **Advil, Motrin, Ibuprofen, Tylenol or Acetaminophen:** based on the instructions from the manufacturer. Do not exceed 3000mg in one 24-hour period.
- **Oxycodone:** Take 1–2 pills (5mg each) every 4-6 hours as needed for pain. Do not take more than 12 tablets in 24 hours.
- **Colace:** Take 100 mg twice a day to prevent constipation while taking narcotic pain meds.

Constipation:

- **If you do not poop for 2–3 days following surgery,** take a laxative (Dulcolax, Bisacodyl, Miralax, Magnesium Citrate). Follow the instructions on the package.
- If you have tried multiple laxatives to no effect, please call the office.

Eating and drinking:

- Please follow the diet provided you at discharge. If you have a colon resection you will likely be on a low fiber diet. Avoid substantial quantities of raw fruits and vegetables for one month.
- If you have an ostomy, additional dietary supplements or restrictions may help limit output.
- Abstain from alcohol if you are taking narcotic pain or sedative medications.

Concerning Symptoms:

- A temperature greater than 101° F or chills and sweats unrelated to room temperatures.
- Pain that is getting worse and is not relieved by prescription pain medicine
- Bleeding that is soaking through gauze pads or bleeding that shoots across the room.
- If your ostomy function has increased or decreased significantly such that you feel weak.
- Drainage from incisions can be clear yellow or red but green or brown needs a phone call.
- If you think you are having an emergency, notify the clinic and proceed to the nearest ER.
- Our practice maintains privileges at:
 - Holy Cross Silver Spring/Germantown, Shady Grove Adventist, Suburban, Sibley