

POST OPERATIVE INSTRUCTIONS ABDOMINAL SURGERY

- After abdominal surgery, you will usually spend one or two days in the hospital.
- You may have some vaginal bleeding, or bleeding from the incision site.
- If you have a catheter, return to the office for removal when instructed by your physician.

Week 1:

- Rest at home. Ensure that you are not responsible for making meals or the major care of children or relatives.
- You are encouraged to move about as tolerated, including taking the stairs (as needed). However, do not allow yourself to become overly tired.
- You may shower as long as the incision site is not soaked.
- To avoid constipation, eat foods high in fiber or take a fiber supplement, such as Metamucil. To avoid straining, use a stool softener (i.e. Colace) as needed.
- Refrain from sexual intercourse for 6 weeks.
- Use either prescription pain medication, or Tylenol or Advil equivalents.
- Make an appointment for a post operative visit 2 weeks after the date of surgery.

Week 2 & 3:

- Increase your activity as desired, but avoid all major house keeping chores.
- Walking is encouraged, but do not become overly tired.
- Rest for one hour after lunch.
- You may drive a car when you have no pain and are not taking prescription pain medication.

Week 4-12:

- Make an appointment for a 6 week post operative visit.
- When advised by your physician resume normal activities.
- Discuss returning to work with your physician.
- It remains important not to become overly tired or to perform any heavy lifting, strenuous exercise or physically demanding duties for a total of 6-12 weeks from the date of surgery.

Warning Signs: Call your doctor's office if you are experience the following:

- Temperature over 100°F, or shaking chills.
- Persistent vomiting.
- Separation of the incision edges, drainage from the incision, or redness around the incision.
- Shortness of breath, or chest pain.
- Vaginal bleeding soaking more than one pad an hour.
- Severe pain not helped by your prescribed medications.
- Vaginal discharge with a strong or foul smelling odor.
- Difficulty urinating or emptying your bladder.
- Leg or calf pain, swelling, or cramping.