



Laparoscopic Colectomy

Post-op Instructions

- A little bit of pain in the left side of your abdomen is normal.
- Once discharged home, advance to regular diet avoiding hard foods (chunks of red meat, hard breads, and hard vegetables) for two weeks.
- If you have staples over your wounds, it is OK to shower with them.
- Return to the office one week after discharge for removal of 1/2 of the staples. The others will be removed at your 2 week follow-up.
- If the larger midline incision becomes tender or red, call the office.
- If you start to feel mild abdominal pain and bloating, take Gas-X or the generic brand as directed by the box.
- You may have an increased number of bowel movements for the first 2-3 months. This will return to normal with time.
- If you are constipated, decrease the amount of pain medication and start taking Colace 100mg every 12 hours. This can be purchased over-the-counter at any drug store.
- No driving while taking pain medication.
- Continue to use the Incentive Spirometer after discharge from the hospital. Make sure you take this home from the hospital.
- Lift nothing heavier than gallon milk or 5lbs for 1 week after discharge.
- No soaking in the tub or swimming for 1 week.
- If you have a drain, record the output and empty the drain each day
- If you have a colostomy or ileostomy, your home health agency will provide the necessary supplies.

1. Dressing Care

- **Dermabond® Dressing Care (superglue without a dressing):**
 - OK to shower day of surgery.
 - Lift nothing heavier than gallon milk jug or 5lbs for 1 week.

OR

- **General Wound Care Instructions for Closed Incisions with dressings:**
 - Dressing should be kept dry for 48 hours.
 - Remove outer dressing and OK to shower in 48 hours.
 - If you have staples, they will be removed in 1-2 weeks after the operation in the office.

Call The Crawford Clinic right away if:

- You develop a fever over 101.5°F (38.5°C).
- You have redness, swelling, pain, or drainage from the incisions.
- You become dizzy, faint, or turn yellow.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication.