



Colon & Rectal Surgery, Colonoscopy & Endoscopy

Scheduling & Nurse Line: 763-587-7752

Fax: 763-587-7075

Post-Op Instructions for Abdominal Surgery

It is normal to come home after surgery and feel tired. Make the appropriate arrangements to make your recovery easier. Assistance from your spouse, family members or friends is very helpful after surgery.

You should be able to walk and go up stairs slowly and carefully. It is OK to Shower if you feel well. Do not take baths for 1-2 weeks to avoid soaking of the incision.

We recommend a soft diet with increased liquids for one week after surgery. Five meals a day consisting of small breakfast, a snack, light lunch, a snack and a small dinner are preferred. Eat slowly and chew your food well. Drink plenty of liquids.

Your pain should improve every day. Take the pain medication as directed. Do not take more than written on the prescription. Constipation can be one of the major side effects after surgery.

Stay active, take brief naps and try not to sleep too much during the day so you can sleep at night. Restrain from heavy lifting (more than 20 pounds) for a total of 6 weeks after surgery.

Your surgeon will see you for follow up 7-14 days after surgery for your first postoperative visit and update your treatment plan. All forms (disability, return back to work, etc) will be handled at the office. If an appointment was not arranged during your hospitalization, please call our office (763) 587-7752 the next business day to arrange a postoperative visit.

If you have staples, these will be removed during your first office visit. Your incision can get wet in the shower. If you notice any significant redness or drainage, please let us know. If you have a high fever, increasing pain or you are unable to eat, please call our nurse line.

Our telephones are answered 24 hours a day. **In case of emergency call 911**

For more information call our nurse line or please go to our website www.drisaac.net. Look for patient education and instructions.