

NEWTON-WELLESLEY SURGEONS, INC.
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POSTOPERATIVE COLON SURGERY INSTRUCTIONS

- Leave gauze and tape on for (2) days following your surgery, after which you may remove it. The steri-strips beneath the gauze and tape are covering dissolvable sutures and these strips will fall off on their own in 2-3 weeks. The wound does not need to be covered unless it leaks blood.
- Shoulder pain is common after laparoscopic surgery and is improved by walking. This will resolve on its own in a few days.
- Avoid lifting anything that causes pain. Walking is encouraged immediately after surgery. Other activities can be added as tolerated.
- Do not worry about having a bowel movement if you are passing flatus. Do not use laxatives or enemas without first contacting our office during office hours.
- Passing small amounts of blood with bowel movements is normal. If large amounts of blood or blood clots come out, please contact the office during office hours or visit the emergency room.
- A low-fiber diet is preferable but does not have to be followed as strictly as the nutritionist handout.

Post-operative pain and medication: I do not give out pain medication over the telephone. If you are in severe pain, please call our office or go to the emergency room. If you're taking narcotics and experiencing nausea, vomiting or constipation, stop taking the narcotic and use acetaminophen (Tylenol) or ibuprofen (Motrin or Advil).