

After surgery, what should I expect?

During surgery a drain may be placed to drain excess fluid during surgery and should be removed before your discharge. You will also have a catheter for between 1-2 days.

Diet and Activity Following Surgery

- Abdominal Distention, Constipation, or Bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository.
- After surgery you will be given clear liquids such as broth, juices, or Jello. As you are able to tolerate it, you will return to a regular diet.
- You will be asked to walk soon after surgery to return circulation, breathing, and bowel function to normal.
- In the days following surgery, do as much walking every day as your body will tolerate. Gradually add in stair climbing. Take it easy and plan rests throughout the day.
- Avoid bending at the waist to pick up an item and **do not** lift anything over **5 lbs.**
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc) until the incision site is completely healed.

Post-procedure, if you experience any of the following, please contact our office:

- Your incision (incisions, if done Laparoscopic) becomes red, swollen, or feverish.
- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.
- Leg swelling.

Please call our office at (503) 561-7100 with questions that are not addressed by this form during the hours of 8:30 am - 12 pm and 1 pm – 4:30 pm.

In the event of an emergency, contact the doctor on call via the same number or call 911.