

Post Op Instructions Laparoscopic Colectomy

You underwent a laparoscopic Colectomy. This means part of your colon was removed. Below are instructions and descriptions of what to expect over the next week.

Pain Medications:

- You will have some pain. I have prescribed a pain medication. Take this medication with food.
- Do not drive while on this medication.
- Avoid taking Tylenol containing products while on this medication.
- This medication may make you feel drowsy.
- It may also cause constipation. Drink plenty of water while taking it. Some people have a week or more of diarrhea after this surgery. This is normal and will resolve.
- You may supplement this medication with over the counter medications such as Advil or Aleve as directed on the bottle.
- Avoid alcohol intake while on prescription pain medication.

Dressings:

- Your staples will be removed in the office

Activity:

- Be active but don't overdo it. Take several short walks a day over the next week.
- Do not lift more than 15 pounds for 6 weeks from surgery.
- Avoid strenuous exercise for 2 weeks from surgery.
- Shower. Do not soak or swim for 2 weeks.

Diet:

- It is common to have a poor appetite and mild nausea after any surgery. This is especially true after intestinal Surgery.
- Avoid fatty, fried and spicy foods. You may reintroduce these slowly over the next few weeks.
- Many people do not tolerate dairy. Please avoid excessive dairy over the next few weeks. Yogurt with active cultures is the exception and may help.

Please call or go to the ER if:

You have severe pain, nausea, vomiting, bleeding or other discharge from your wound, fever > 100 degrees Fahrenheit, or any symptoms concerning to you.

Please call if you do not pass gas for a day or don't have a bowel movement within 3 days of surgery.

Follow up:

Please call in 1 or 2 days to make an appointment to see me in the office in 1-2 weeks.

Please let me know if you have any questions or concerns. I hope you feel better very soon.

David J. Lundy, MD

Patient Signature/Date

Witness Signature/date

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