

Post-Operative Instructions for Abdominal Surgery

1. Follow the low residue diet that was given to you in the hospital. Drink 8-10 glasses of non-carbonated, non-caffeine containing, non-alcoholic beverages per day.
2. Take pain medicine as directed
3. Should you become constipated, take 1 once (30mL) of Milk of Magnesia. If there are no results in 6 hours, repeat.
4. You may take a shower, wash wounds gently with soap and warm water.
5. Do NOT soak in a tub, or swim in a pool.
6. NO driving or heavy lifting. However, you may ride in an automobile. You may also climb stairs.
7. You may have a small amount of blood with your bowel movements. This is normal, unless it becomes steady or excessive.
8. Avoid taking any Aspirin, Ibuprofen, or Vitamin E for at least 2 weeks.
9. Call the office on _____ for an appointment on _____.
10. If you develop a temperature greater than 101.3, excessive abdominal pain, nausea and vomiting, redness surrounding the wound that appears to be spreading, or foul smelling drainage from the wound, please call the office. (404-252-5669)

**Please call during the hours of 9 am-4:00 pm. Monday - Friday for prescription refills.
No refills approved after 4:00 pm M-F, or weekends & holidays.**