

Dr Susan Shedda

MBBS FRACS MPH
Colorectal Surgeon

Suite 202, Level 2
Chelsea House
55 Flemington Road
North Melbourne, VIC, 3051
Tel: 03 9328 8890
Fax: 03 9328 8331

Provider No: 223025KB

ABDOMINAL OPERATIONS INFORMATION

<Patient Full Name>

Procedure Date: [Selected Appointment Start Time]

1. Diet: Soft bland low fibre diet for the first month; normal diet thereafter. Try 5 small meals a day initially. You will have special instructions from the hospital dietician if you have an ileostomy.
2. Alcoholic beverages are OK, in moderation.
3. Activity: Avoid activity that causes pain. Normal walking during the day and climbing stairs should be OK.
4. Avoid lifting weights greater than 5kg or straining abdominal muscles eg. sit-ups, press-ups for 2 months.
5. Dressing: Unless instructed otherwise, leave incisions uncovered. Daily showers are OK. Pat wound dry afterwards. If you have a plastic dressing, it will fall off in approximately two weeks. Do not rub the wound excessively.
6. Driving: Do not drive for at least 4 weeks after discharge. Do not go alone the first time and do not drive after taking pain medications. Contact your insurance company about their policies for advice about coverage.
7. Medications:
 - a) Pain: as prescribed. You should expect some discomfort for a couple of weeks.
 - b) Resume any medication your own physician or GP has prescribed.
8. Bowel function: Bowel function tends to be erratic (gas, diarrhoea, seepage or cramps; good days and bad days) for 2-3 months after bowel surgery. It takes your body time to adjust. Avoid food that makes you worse.
9. Possible Problems:
 - a) **Bowel obstruction:** abdominal cramps, bloating, nausea, vomiting, constipation and not passing gas. When these symptoms develop, call your doctor for advice. If the symptoms are mild, you may restrict dietary intake to liquid only and avoid solid foods but notify Ms Shedda. If symptoms persist or if severe, you must call for advice immediately or present to your local emergency department.

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- b) **Wound infection:** Any swelling, redness, drainage or severe pain around incision should be reported by contacting my rooms or through my paging service.
- c) **Infections related to surgery:** Fever, especially if you have abdominal discomfort, nausea and feeling of being unwell should be reported by contacting my rooms or through my paging service.
- d) **Stoma:** If you have a stoma, make sure you are comfortable with caring for it before discharge. Notify the office if there is difficulty with keeping the pouching system on for at least 24 hours, if there is recurrent bleeding, severe pain and swelling around the stoma. If the stoma stops functioning contact either, the stoma therapist, the local emergency department or the rooms. Know the contact phone number of your stoma therapist.
- e) **Long term:** Hernia. The scar will always be weaker than other skin and therefore you are at higher risk of developing a hernia. This may cause lump or pain at the scar. Please notify Dr Shedda if you develop these symptoms.

OKAY FOODS

Lean meats
Chicken
Fish
Turkey
Soup
Mashed potatoes
Bread and butter

FOODS TO AVOID

Spicy food
Greasy food
Onion
Raw vegetables
Raw fruit
Carbonated drinks

10. Review appointments are usually in 2 to 6 weeks. If not already arranged prior to discharge, call 9328 8890 for appointment.

11. On discharge you can expect that:

- a) Your bowels are working.
- b) Your pain is controlled.
- c) You are comfortably able to walk.

Any problems, please contact the office on 9328 8890 - Office hours: 8.00am – 4.00pm

After hours & weekends (urgent or emergency only) please text 0432 288 890

Please note that if you contact the after hours call service, a rostered colleague may respond to your call.