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GOING HOME INSTRUCTIONS LAPAROSCOPIC COLORECTAL OPERATIONS

Procedure:

Procedure Date : <Current Date Day of Week Long>, [Current Date Day of Month] [Current Date Month Short] [Current Date Year Long]

1. Diet: Soft bland diet for the first 2 weeks; normal diet thereafter. Try 5 small meals a day initially. Special instructions from 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 or baths OK. Pat wound dry afterwards. If you have a plastic dressing, it will fall off in approximately two weeks.
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.
7. Medications:
 - a) Pain: As prescribed on discharge. Though your incisions are small you still have had a large procedure "on the inside". You should expect some discomfort for a couple of weeks.
 - b) Resume any medication your own physician 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. If symptoms persist beyond 24 hours or if severe, you must call for advice.
- 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 associated with 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. Contact the rooms 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 or if the stoma stops functioning. Know the contact phone number of your stoma therapist.

10. Review appointment usually in 3 to 6 weeks. If not already arranged prior to discharge, call 9349 5558 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.

12. **OKAY FOODS**

Lean meats
Chicken
Fish
Turkey
Soup
Mashed potatoes
Bread & Butter

FOODS TO AVOID

Spicy food
Greasy food
Onion
Raw vegetables
Raw fruit
Carbonated drinks

Any problems, please contact the office on 9328 8890 - Office hours: 8.00am – 4.00pm
After hours & weekends (urgent or emergency only) text 0432 288 890.

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