



## S U R G I C A L   A S S O C I A T E S   O F   G A D S D E N

### *Post-operative instructions for* **Abdominal Surgery**

#### **Diet**

1. You will be given specific instructions concerning your diet.
2. Continue taking your regular medications.
3. Take your pain medication as needed with food.
4. Avoid spicy, greasy and fatty foods for the first 2 weeks after surgery.

#### **Activity**

1. It is ok to climb stairs, walk to the mailbox, etc. as tolerated.
2. Do not drive until you are off narcotic pain medication and able to steer, press the brakes, etc. without pain.
3. Do not lift over 20 lbs. for six weeks from the surgery date.
4. You are encouraged to be up and around as much as possible.
5. Gradually increase your food choices after 2 weeks of bland food to a regular diet.

#### **Wound care**

1. It is ok to remove your dressing and shower on the second day or 48 hours after your surgery. Pat the incision dry with a towel and leave uncovered. If you have staples in place, it is ok to leave them uncovered. If you wish to prevent the staples from catching on your clothes, it ok to cover the incision with a dry gauze and tape.

Do not remove the small white steri-strips until your post-op appointment. You may change the outer dressing as needed.

#### **Drain care**

If you have a drain, make sure you empty and record the drainage amounts daily.

#### **Follow-up**

1. Follow-up in the office in 14 days for staple removal/post-op. This appointment should be in your black folder given to you in the office. If your appointment was after-hours and you did not receive a black folder, the office should call you with a post-op appointment; if they do not, please call us to schedule one.
2. Call the office for any of the following:
  - nausea or vomiting
  - inability to drink liquids
  - fever > 101.5°
  - pain unrelieved with prescribed pain medication
  - wounds that are red or draining fluid
  - diarrhea > 10 times a day
  - inability to have a bowel movement by seven days after your surgery
  - inability to urinate

You must consult with your physician upon your post operative appointment regarding returning to work.

*Please feel free to call for any questions or concerns!*