



Patient Instructions after Colon Surgery

by Dr. Jose Erbella

Procedures	Laparoscopic or Open Colectomy
Incision Care	Remove any dressing(s) in 24hrs. The incision(s) may be sealed with sutures, staples, a skin adhesive (Dermabond) or covered with white adhesive tapes known as steri-strips . Either way, there is no need to cover up the incisions again with gauze.
Shower	You may shower 48 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 14 days after surgery, you may remove them.
Pain Medication	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). You may use this if necessary, however, narcotics are constipating and may make your bowel movements more painful. Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.
Bowel Medications	Loose stools or constipation can be normal. To combat constipation, you may take a stool softener (Colace) twice each day.
Activity & Clothing	Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 4-6 weeks . Wear comfortable, loose-fitting clothes (elastic waist or sweat pants) for at least a week.
Diet	Stay on a "low residue diet" for 4 weeks. Please refer to Dr. Erbella's "Low Residue Diet Guidelines" at www.Erbella.com . If your throat is sore, try eating softer foods.
Return to Work	You may return to work in 2-4 weeks (usually after you have seen your surgeon).
Physician Appointment	Call (941) 896-4788 to make or confirm your post-operative appointment to see Dr. Erbella in 1-2 weeks after discharge from the hospital or if you have any questions.
When to call your Surgeon	<ul style="list-style-type: none"> Persistent fever over 101.5 degrees F (39 C). Pain that is not relieved by your medications. Persistent nausea or vomiting. Persistent cough or shortness of breath. Purulent drainage (pus) or bleeding from any incision. Redness surrounding any of your incisions that is worsening or getting bigger. If you are unable to eat or drink liquids.
In Case of Emergency	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.