

# **CENTRAL VALLEY COLON & RECTAL SURGICAL ASSOCIATES**

## **Abdominal Surgery Discharge Instructions**

You are now discharged home. Gradually increase your activity. Walk regularly, especially after meals.

No heavy lifting over 10-15# for 6 weeks.

Eat a well-balanced diet. Eat mostly cooked items initially until you feel better. Not too many raw fruits or vegetables initially, gradually introduce back into your diet. When eating salad, eat mostly leaf lettuces. Leaf lettuce is easier to digest than head lettuce. Drink plenty of fluids. Melons can be irritating to the gut initially.

You may shower regularly.

Call the office and let my staff know how you are doing. Please make an appointment to see me in about 2 weeks.

No car driving for 2 weeks.

Resume your home medication, unless otherwise specified.

Do not take aspirin or Advil (ibuprofen) or any similar anti-inflammatory medications unless you check with us first for the next couple of weeks.

Tylenol (acetaminophen) is ok to use for pain control or headache.

Get plenty of rest, but try not to sleep immediately after a meal.

Call the office if you have any vomiting, chills, fever or for anything that seems to concern you.

Thank you.