

ACTIVITY

You will be encouraged to walk as early as the day of surgery.

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds) for 6 weeks

DRESSING

You will see a bandage over your incision(s), this may be removed while in hospital or may be removed after you are home. If you have staples along your incision the doctor will remove these 7 to 10 days following your operation. If you have strips or tape under the bandage(s) you may remove these yourself in 1 week. If they fall off earlier they do not need to be replaced.

REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:



Care After Your Bowel Resection

Patient Education

Surgical Services Patient Education

29/05/2018

HOW DO I CARE FOR MYSELF?

DIET:

Small changes to your regular diet can help with your recovery after surgery. It is recommended to consume 5-6 smaller meals per day. Your diet should include foods high in soluble fibre and softer, well-tolerated items.

Examples of these foods include:

- bananas, apple sauce, pears
- milk, yogurt, cottage cheese
- oatmeal, white rice, pasta, potatoes
- puddings, ice cream
- lean meats, chicken and fish

Your goal for dietary fibre is 25-38 grams per day.

Avoiding foods high in insoluble fibre like whole-grain breads and cereals, nuts, seeds, and raw vegetables is recommended. Fried or greasy foods and spicy foods should also be avoided.

Drink 8 to 10 glasses (8 oz each) of water per day. If you add fibre without enough water, you may become constipated.

ELIMINATION:

You will continue to pass gas as you recover at home. Your bowel movements may be a bit loose, which is normal. Some dark blood is normal with your first few bowel movements.

Take any medications for pain or your bowels as instructed or prescribed by your doctor.

HYGIENE:

You may shower 48 hours after surgery. It's OK to get the steri strips wet but don't soak, scrub or let the shower beat on them. Gently pat your incision until it is dry. You may have a bath once your wound is healed. This usually takes 2 to 3 weeks. There should not be any openings, scabs or draining from your incision by the time you have a bath.

CALL YOUR DOCTOR IF:

- Have a fever higher than 38.5 °C or 101 °F
- Are vomiting or feel bloated and sick to your stomach all the time
- No bowel movement within 4 days after discharge
- Bowel movements stop abruptly
- Separation of wound edges, green or yellow drainage from the wound, or increasing redness swelling, warmth or pain of the incision
- Pass bright red blood from your rectum
- Have trouble urinating
- Increased abdominal pain that is not relieved by pain medication
- Shortness of breath or chest pain
- Swelling in your legs