

# Colorectal Surgery – Patient Post Operative Instructions

## Wound Care

Please leave dressings on for 1 week. SNS patients **DON'T** remove dressing until your follow up appointment.

You may shower with dressings, just pat dry.

If you have staples/sutures – an appointment will be made for removal.

You may experience lump, swelling, aches and bruising around surgery site this should settle in the first 1 week.

Haemorrhoidectomy patients may experience some bleeding for up to 6 weeks post surgery.

## Concerns

If you experience:

Temperatures

Excess bleeding or discharge

Redness around wound

## Diet and Fluids

You may not be hungry post surgery this is normal due to anaesthetic and pain medications.

You should follow a light (smaller serve) diet for the first 24 hours post surgery.

Be sure to drink plenty of fluids.

Eat smaller meals more often until appetite returns.

Gradually re-establish your normal diet as comfort levels allow.

## Concerns

If you experience:

Persistent nausea

Vomiting

## Pain

Please take regular pain relief.

Haemorrhoidectomy patient may experience pain and discomfort for 6weeks.

## Concerns

If you experience:

Increased pain that does not improve with pain relief

## Bowels

After surgery it is common for your bowels to be irregular.

Constipation may be experienced especially while you are on pain relief. If you experience constipation increase you fluid intake. Eat more fibre and less starch. You may take a light stool softer like Movicol (available at the chemist) is safe to use to help soften stools. Use only as required.

Loose bowels - Eat more low fibre. If your taking antibiotics this may settle when they finish. Gastrostop may be used to help control your motions. Stoma patients must open capsules and mix with water.

## Concerns

If you experience:

Constipation or loose bowels for 7 days

## Exercise and returning to activities

Please take it very easy for 1-2 weeks.

No heavy lifting for 4-6 weeks.

Returning to work will depend on your recovery and doctors orders.

Returning to driving:

Day surgery – 24hours

Minor surgery - 2 weeks

Major bowel surgery – 4 weeks

Please note to also check with car insurance as well

**Call our rooms on 82673355**

**If after hours please call pager 83781577**