



125 Doughty Street, Suite 280  
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## Abdominal Surgery Post-Op Instructions

You are being discharged following major abdominal surgery, whether it was performed laparoscopically, robotically, or through a large incision. When you leave the hospital you should do the following.

- Fill your prescription for pain medicine
- Continue to increase your activity slowly
- You may walk up and down stairs
- You may shower
- You should eat a regular diet unless instructed to do otherwise
- You should resume your pre-hospital medications as directed on your post-op instructions given to you when you leave the hospital
- Continue to drink the nutritional supplements as directed (Ensure enlive 3 per day for 5 days or Glucerna if you are diabetic)

You should **not** perform the following:

- lifting anything heavier than a grocery bag (10 lbs)
- bending to lift anything
- driving for at least 2 weeks following surgery or while taking any prescription pain medicine
- tub bathing
- make any important decisions while taking prescription pain meds

We would like you to call the office for an appointment 2 weeks from the day of discharge from the hospital.

Things you should be concerned about:

- Temperature of 101.5 or greater
- Drainage coming from the wound
- Increasing redness of skin in the area of the wound
- Leg swelling or pain
- Any sudden severe increase in pain
- Nausea and vomiting
- Abdominal distension

If any of these occur call the office immediately at 843-958-1281. Even after hours, someone will answer.

**\*\*If you are running low on pain medication and think you will need more please call our office Monday through Thursday from 8am to 4pm. We will not refill prescriptions at night or on the weekends, so do not wait until you are completely out.**

**\*\*If you have any issues that concern you please try to call during office hours so your questions can be answered by either Dr. Lagares, Dr. Firilas, or Mr. Robinson. If questions are asked at night or on the weekends you will be talking to the person from our office that is on call (either Dr. Lagares, Dr. Firilas, or Mr. Robinson or our on-call partners, Dr Hawk or Dr. Kirchoff).**

**\*\*If you plan for any reason to return to the emergency room, please call our office first to discuss this with the person on call. Your problem may be able to be dealt with without going to the emergency room, and if it is necessary to go to the hospital the course might be able to be expedited.**

Your pathology results will be discussed with you when we see you in the office, if they were not available prior to your discharge.

You may request a copy of your operative report and pathology report for your records at the time of your follow-up appointment.

Thank you for allowing us to participate in your medical care. The Team at Charleston Colorectal Surgery