



SURGICAL CONSULTANTS  
OF NORTHERN VIRGINIA

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# Colon Resection

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## Post-op Expectations

- You are encouraged to be out of bed the day after surgery and to walk. This will help diminish the soreness in your muscles.
- You will probably be able to get back to most of your normal activities in one to two weeks, including showering, driving, walking up stairs, and working.
- Some minor bleeding at surgical site and from your rectum is normal.
- Most patients report mild to moderate pain.
- Nausea is common after surgery.
- Diarrhea and/or constipation are both normal post-operatively.

**NOTE: You should be seen in the office for follow-up 1-2 weeks after surgery. Please call and schedule an appointment.**

## Instructions:

- Apply an ice pack over incision/dressings for 30 minutes, every 1-2 hours, for the first 12-24 hours after surgery, as comfort dictates.
- **Remove dressings 24 hours after surgery, if present.**
- After dressing off, you may bathe, even if steri-strips present. Gently wash incisions with mild soap and water.
- Pat wound dry.
- **Do not apply ointment/antibacterial cream to incision.**
- Leave dressings off unless drainage noted coming from incision.
- Use prescribed pain medication as directed.
- AVOID driving while using narcotics.
- Keep hydrated.
- Ibuprofen, Aleve, Advil as directed on the bottle. AVOID aspirin products.
- **AVOID heavy lifting.**

- No sports or strenuous activity for at least 6 weeks.
- No dietary restrictions, but low fiber diet is recommended for 1-2 weeks and try to avoid any constipating foods, as not to strain.
- Stool softener (Colace, Dulcolax) recommended while using narcotic pain medications or until first bowel movement after surgery.

**When to call the office:**

- Persistent fever over 101 degrees F (39 C)
- Bleeding from the rectum
- Increasing abdominal swelling or pain
- Pain that is not relieved by your medications
- Persistent nausea or vomiting
- Chills
- Persistent cough or shortness of breath
- Purulent drainage (pus) from any incision
- Redness surrounding any of your incisions that is worsening or getting bigger
- You are unable to eat or drink liquids