**Sacramento Colon and Rectal Surgery**  
**OFFICE NUMBERS 916-966-6121 (Carmichael), 916-960-0466 (Roseville), 916-231-1050 (Sacramento)**  
After Hours and on Weekends, Office number will provide instructions on how to page the on-call Colorectal Surgeon.

**\***Lifting restrictions are 15 pounds or less for four weeks after your surgery date. Bending, Squatting, climbing stairs are all ok.

\*You will experience pain requiring the prescribed pain medication usually for 3-5 days after the Surgical procedure, some patients will require the medication for a short while longer. While taking narcotic pain medication (norco, oxycodone, percocet, vicodin, etc), you should be on a stool softening agent. My preference is Miralax 1 adult dose daily.  
  
\*When weaning off of pain medication, it is ok to wean down to ibuprofen 400-600mg every 6 hours, or Tylenol 500mg every four hours. Avoid mixing Tylenol with narcotic pain pills as they also contain Tylenol and you cannot exceed 4000mg of Tylenol in a day.

\*Your dietary intake will be a regular diet. There are no restrictions. Your appetite will likely be markedly decreased from normal. It is normal for patients to lose 5-10 pounds, with the maximal weight loss occurring 2-3 weeks after the surgery. As your appetite increases again, you will gain that weight back.

\*Don’t neglect water intake during this time. 48-64 ounces per day is ideal.  
  
\*Your bowel movements will tend to be loose and poorly formed in the beginning, especially if you did a bowel cleanse. You may have bowel movement accidents and may need to wear a pad. This should be temporary, but may be permanent in some cases. This will decrease with time and may take 1-2 months to resolve.

\*Your energy level is very commonly decreased after this procedure, namely you will tire easily after short walks, you will feel the need to nap during the day. This is normal, and energy levels can take 8-12 weeks to return to pre surgical levels.

\*Your incision is hidden from view inside the anus. The sutures are dissolvable and will not need to be removed. You may experience bleeding and mucus discharge with bowel movements, this is normal for several weeks after surgery sometimes.

\*At home I encourage you to keep active and walk. Spend the majority of the waking day seated upright. Walk around the house or outside short distances several times a day. We can talk about increasing activity at your first post-operative appointment.

**Reasons to call right away:**\*Vomiting, and you cannot keep any liquids down.  
\*Significant rectal pain which is increasing with time, and if it is unrelieved by prescribed pain medication. This may indicate and abscess or infection near the surgical area.  
\*Temperature 101F or Higher.  
\*Significant rectal bleeding which is passage of large blood clots, or bleeding that occurs frequently such as every hour.  
\*Pain, Redness, Swelling in your leg or arm.  
\*Experience Rapid onset Shortness of Breath or Chest Pain  
\*Any other concerns.  
  
**Blood Thinner Resumption**  
\*If applicable, you may resume your blood thinner medication after \_\_\_\_\_\_ days from returning home.  
 **Followup Appointment**\*Followup appointments are crucial. We like to see you within 2-3 weeks after surgery, call our offices **916-966-6121 (Carmichael), 916-960-0466 (Roseville), 916-231-1050 (Sacramento)** to make the appointment from 9am-5pm Monday through Friday.