

William J. Plaus, M.D., F.A.C.S.
Robert M. Macdonald, M.D., F.A.C.S.
Scott M. Golembeski, M.D.
Lisa S. Schatz, M.D., F.A.C.S.

General, Thoracic
Vascular, Cancer
Advanced Laparoscopic

Rocky Mountain Surgical Associates, P.C.

4545 East Ninth Avenue
Suite 460
DENVER, COLORADO 80220
Phone: (303) 388-2922
FAX: (303) 388-2962

Post Operative Suggestions Following Laparoscopic Colectomy

ACTIVITY:

1. Plan to limit your activity after surgery. You will not be able to operate a motor vehicle or perform any task which require fine physical coordination. Since you will not be able to drive for about one week, be sure you arrange a ride home following surgery.
2. For most people, light activity may be resumed the day after surgery. We request that you walk as much as possible. This will help to relieve the gas pain some people experience. We suggest you refrain from exercise or strenuous activity until you are seen post operatively in our office.
3. It is important that you do not lift anything over 15 pounds after surgery. You will be given further instruction on limitations at your postoperative appointment.

CARE OF INCISIONS:

1. The dressing may be removed 24 hours after surgery at which time you may shower or bathe. Do not soak in a tub. Make sure your incisions are clean and dry, and then cover them with Band-Aids.
2. There may be a small "black and blue" area around the incisions. This is related to surgery and will disappear completely within a few days.

PAIN:

1. It is not uncommon to have pain at the incision sites after laparoscopic gallbladder surgery. This will gradually subside.
2. You may feel some discomfort in the shoulder area. This is a normal reaction to the gas that was used to inflate your abdomen during surgery. This should subside within six to eight hours.
3. You will be given a prescription for pain medication before you leave the hospital.
4. Follow the directions given by your doctor.

DIET:

1. You may experience gas pains while your digestive tract returns to normal. During this time, eat the foods that were easy to digest before your surgery.
2. Be sure to drink plenty of fluids. You may become constipated from the anesthesia and/or pain medication. Some people experience loose and/or green stools after surgery. This is normal and will resolve within a few days.

OTHER:

1. NAUSEA or VOMITTING: This may be due to residual anesthesia and/or pain medication. Try to take Extra Strength Motrin or Tylenol instead of pain pills. Also, try to eat a piece of bread or crackers with medication.
2. Call our office should you experience any of the following: Difficulty passing urine, bright red blood on bandages, fever greater than 101, or excessive pain.

FOLLOW-UP CARE:

1. Return to the office as your surgeon requests. Please call for an appointment a day or so after surgery. Call our office at any time should a question arise.