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Post abdominal surgery(appendectomy, colon and small intestine)

1. There are no dietary restrictions, but in general start with small portions and bland food. It will be normal that your bowel movements may vary in consistency and frequency for a few weeks.
2. At home you can remove all outside dressings, but leave steri-strips(small white tapes) in place. It is safe to shower over the wound.
3. Do not lift greater than 25lbs or perform sit-ups until cleared by the office. However walking is to be encouraged and aerobic activity is safe. Going up stairs is safe.
4. Resume all pre-op meds unless otherwise instructed.
5. Have some food in your stomach prior to taking the pain killers to avoid nausea or vomiting. As soon as you no longer need the pain-killers switch to Advil or Tylenol.
6. If given antibiotics complete the course.
7. No alcohol while on painkillers or antibiotics.
8. Make an appointment for follow-up at 703 823 4066 for about two weeks.
9. Potential signs of a problem, are temperature greater than 101.5, increasing abdominal pain or distention, redness along the wound or drainage, leg swelling, chest pain or shortness of breath. Call the office right away and if no answer then go to the nearest emergency room. It is better to call the doctor and be reassured then to allow a problem to linger.